THE SECRETS OF ALEXIS:

CONTAINING MANY EXCELLENT REMEDIES AGAINST DIVERS DISEASES, wounds, and other Accidents.

With the manner to make

{ Distillations, Perfumes, Confitures, Dyings, } { Colours, Fusions, and Meltings. }

A worke well approued, very necessarie for euery man.

Newly corrected and amended, and also somewhat more enlarged in certaine places, which wanted in the former Editions.

LONDON,
Printed by WILLIAM STANSBY for Richard Meighen and Thomas Iones, and are to be sold at their shop without Temple-barre vnder S. Clements Church. 1615.

TO THE RIGHT HO-
NOVRABLE FRANCIS, LORD
RVSSELL, Earle of BEDFORD, one of the *Queenes Maiesties Priuy Counsell, and Knight of the most honourable Order of the Garter.*

IT is not vnknowen vnto you (right honourable) that when God by his diuine power and might, created and made all things of nothing, hauing neither frame nor mould, nor materiall substance to fashion his worke by, but onely his word, will, and eternall prouidence, did not only giue a being and increase to euery thing, but also a nature and operation, for the commoditie and profit of man, to whom he hath made all things subiect, constituting him ruler of his whole worke: wherein not only growing on the face of the earth, but also in the bowels of the same, hee hath planted things salutiferous and healthfull for man, as herbes, trees, fruits, stones, roots, waters, iron, tinne, lead: yea, and the draw of the aire, so that nothing is vnprofitable, no nor the very dung of beasts and birds, but that it hath some wholesome operation for mans health. In all these things are certaine secret vertues, which be manifest signes of Gods loue and fauour towards man, for he created them to the intent that men

ſhould vſe them, glorifie him, and giue him thankes for them. And becauſe the vſe and knowledge of them and their vertues is expedient for all creatures, God of his meere goodneſſe hath not onely giuen vnto the diligent ſearchers thereof the gift of perfect vſage, and vnderſtanding of their operation, in this time of Chriſtianitie: but alſo vnto infidels before Chriſt, being ignorant from whence that gift came: who notwithſtanding their ignorance, did ſo reuerence the wonderfull vertues of things created in the world, that they thought that ech of thoſe things had had in it ſelfe a certaine diuine power, or elſe that there was of euery thing a ſeuerall God or Creator. Now if they gaue ſuch honour vnto things created, not knowing the Creator; what would they haue done if they had knowen and confeſſed God to haue beene the only maker of the world, of man, and of all things therein of nothing? truly they would not haue done, as ſome curious Chriſtians among vs now adaies do, which as your honour well vnderſtandeth, moſt impudently deſpiſe all maner of medicines, & ignorantly diſpute againſt the vertues and operations of herbes and trees, ſaying, that if the ſicke man bee appointed of God to die, all the medicines in the world cannot ſaue his life. Whereunto it may bee eaſily anſwered, that euery man that is vexed with a diſeaſe, is not appointed of God to die of the ſame: but the infirmitie is ſent as a puniſhment for his offences, and yet hath God created things to giue him eaſe and remedie for his diſeaſe, which no Chriſtian man ought to contemne or deſpiſe: for he that deſpiſeth the worke, ſeemeth to contemne the workman. Againe, becauſe that the appointment and determination of God,

concerning the life and death of man, is so secret, and so farre beyond the capacitie of mans reason and vnderstanding, and that we know not when God hath prefixed the terme of our life, wee vse in our infirmities and weakneſſe, thoſe remedies that God hath created to bee receiued at their hands, to whom hee hath giuen the knowledge how to miniſter them vnto vs. All theſe things are abundantly enough knowen vnto your honour, with a great many more reaſons then I am able to alledge, and therefore I doe but bring Owles to *Athens*, in declaring this vnto you. But thus much I may well ſay, that moſt mad are they, and void of reaſon and Chriſtianitie, that will ſet ſo lightly by the workes of God: yea, they are vnprofitable members of a cõmon-wealth, not worthy to beare the name of Chriſtians, for by their fond and falſe perſwaſions to the ignorant and ſimple ones in their diſeaſes, againſt the receiuing of any medicines, many times it chanceth, that they following their fooliſh deuice, in neglecting phyſicke, they be caſt away and periſh, which otherwiſe might haue beene ſaued. Me thinketh this ſhould be ſufficient to perſwade them to embrace good and wholſome remedies. They ſee daily, that hearbes, ointments, plaiſters made of things growing on the earth, and ſuch like, by their vertues doe cure and heale external and outward wounds, ſores, cuts, ſwellings, and other infirmities of the bodie; and yet they will not beleeue, that ſuch vertues can heale the internall and inward diſeaſes. Vtterly ignorant bee they, that ſo imagine with themſelues: for they that deſpiſe phyſicke, deſpiſe a heauenly ſcience. For what be they that thus contemne it? forſooth ignorant and vnlearned

men, that barke at, and backbite them that take paines for the commoditie of all men. But it is commonly seen and proued, *Scientia non habet inimicum præter ignorantem:* which saying (I feare me) is verified more in some of vs Englishmen, then in any other Nation, I would God it were not. And yet I thinke there is no man so beastiall, so rude, and so blunt of wit, but that he is (by a certaine instinct of naturall inclination) desirous to know things not before knowen, to heare newes not before heard, and to vnderstand bookes in his naturall tongue, written first in forraine language, to the end not to seeme altogether ignorant in matters, both of the liberall Sciences, and also of Histories set forth for his rudiment and instruction, as in Cosmographie, in Astronomie, in Philosophie, in Logicke, in Rhetoricke, and specially in Physicke, whereof we had neuer so much needs, as in these our daies, considering the strange and vnknowen diseases that swarme among vs, and moe in number, then can be found remedie for.

Therefore considering with my selfe (right honourable) that I could not better declare my bounden dutie to you, nor doe my Countrey a greater pleasure, then to put something abroad vnder your honours name, whereby it might receiue some commoditie, I haue taken in hand to translate this noble and excellent worke, called *The Secrets of the reuerend father Master Alexis of Piemont*, first written in the Italian tongue, and after turned into French, and of late into Dutch, and now last of all into English, because that as well Englishmen, as Italians, Frenchmen, or Dutchmen, may sucke knowledge and profit hereof, being a worke come out of the hands of so

ſo famous a man as *Alexis* is, and dedicated firſt to ſuch a noble Prince as the Duke of *Sauoy* is, to whom trifles or fables are not to be preſented, non being a man, vnder whoſe name and protection lies or vaine inuentions ought to be ſet forth.

Therefore weighing the age, the learning, and fame of the Authour, and the nobilitie of the ſaid Prince, men may eaſily iudge, that ſuch intolerable paines haue not beene taken, in the collection of theſe Secrets, to blow an vntruth into mens eares, but rather this booke hath beene publiſhed, and communicated to the world by the ſaid *Alexis*, for the care and good zeale that hee had to the health of mens bodies, and that men of all Countries might haue the knowledge of that with eaſe, ſitting at home in their ſtudies, which he got with great trauell and labour, wandring almoſt all the world ouer, as in his Epiſtle here to the Reader he declareth.

And now (right honourable) like as *Chriſtopher Plantine* of *Antwerpe*, the Printer of this worke in French, choſe the Prince of *Piemount* to protect and adorne the fruits of his labours, vnder the honour of his name, euen ſo I the tranſlater hereof into our Engliſh tongue, haue thought it my dutie (with your honours fauour) to preſent this my tranſlation vnto you, and to put it forth vnder your honours name and protection, deſiring, and humbly requiring the ſame, to accept my poore good will, hauing good hope that you ſhall finde ſuch things, in the diſcourſe of the whole booke, that you ſhall not onely take pleaſure in the knowledge of them: but alſo commoditie, if it pleaſe you to put in experience and proofe, thoſe that ſhall ſeeme beſt vnto

you: whereof there be some as excellent, and as easie, as were euer set forth in any tongue, as by your honours wisdome and iudgement, in the reading you shall easily perceiue. I am not able sufficiently to praise the excellencie of the booke, and the diligence of the Author, nor to extoll the wonderfull gifts of God in men, which according to their talent, impart vnto the world the increase & fruit of such gifts as hee distributeth vnto them.

Of the which gifts, I thinke I should not much erre, if I said Physicke to bee the best, and the most necessarie. *Nam si corporum nostrorum & tranquillitatis vitæ (qua sine secunda valetudine vix esse potest) rationem habere volumus, fatebimur medicinam excellentissimam, mortalibus necessariam esse.* And euen so *Cornelius Celsus*, which wrote most excellent bookes of physicke, affirmeth, saying: *Alimenta sanis corporibus Agricultura promittit: sanitatem autem agris medicina: & idcirco Deo optimo maximo gratias habere debemus, qui vitam nobis elargitus est: deinde Medico, qui eam nobis conseruat, diuturniorem facit.*

All this learning and knowledge doe the Greeke Authors affirme to be most ancient, and most necessarie in a Common-wealth. For as it is desired of all men to liue in health of bodie, so it is requisite that medicines, both preseruatiue and curatiue, be had and vsed among men, which not only comforteth the infirme and diseased bodie, but also putteth the soule in remembrance of Gods great power and might, that hath giuen vertue vnto such things growing on the earth, for mans commoditie, preseruation, and health: which health I pray God long to remaine with you, and all your familie, with increase of vertue & honor, vnder the protection of Almightie God.

DON

DON ALEXIS vnto the Reader.

THey that haue knowen me in time paſt, or to ſpeake plaine, haue vſed me familiarly all my life time, can peraduenture tell, how God by his great goodneſſe hath made mee to be borne of a noble houſe (according to the common, I will not ſay vaine perſwaſion of them, that eſtabliſh nobilitie more in the merits of another man, then in our owne) and that beſides I haue alwaies had my pleaſures, and great plentie of riches, yea, farre paſſing the ſmalneſſe of my deſerts. I will ſay yet more (not to boaſt or to aduance my ſelfe, but to the end to reforme the gentle Reader, and to giue thankes to God) that there be many which know, how I being giuen euen from my firſt youth vnto ſtudie, haue gotten not only the knowledge of the Latine, Greeke, Hebrew, Chaldee, and Arabicke tongues, and alſo of diuers other Nations and Countries: but aboue all things, hauing by a naturall inclination taken a ſingular pleaſure in philoſophie, and in the ſecrets of Nature, haue wandered and trauelled abroad in the world, the ſpace of ſeuen and twentie yeares, to the intent to acquaint my ſelfe with all ſorts of learned and diſcreet men. By the which diligence and curioſitie, I haue learned many Secrets, not alonely of men of great knowledge and profound learning, and Noblemen, but alſo of poore women, Artificers, Peſants, and all ſorts

of

of men. Moreouer, I haue beene three times at Leuant, and ſundrie times haue trauelled almoſt all other parts of the world, without reſting or ſoiourning at any time in one place aboue ſiue moneths. Now this my ſtudie and deſire of knowledge, as well of the vniuerſall ſciences, as of particular ſecrets, and although it was giuen me by nature, as to the moſt part of men, (for euery man by an inſtinct of nature deſireth to know things) yet haue I alwaies beene nuſled vp by a certaine ambition and vaine-glorie, to know that which another ſhould be ignorant of: which thing hath grafted in me a continuall nigardneſſe, or ſparing, to diſtribute or communicate any of my ſecrets, yea, vnto my moſt ſingular friends that I had, ſaying, that if the ſecrets were knowen to euery man, they ſhould no more be called ſecrets, but publike and common.

Now it chanced theſe few daies paſt, being in Milan, in the foure ſcore and two yeare and ſeuen moneths of mine age, that a poore artificer was maruellouſly tormented with the ſtone, and had beene two daies without making his vrine. The Chirurgian that dreſſed him, knowing well that I had many ſecrets, and ſingularly for the ſtone, came vnto me, and requeſted me that I would teach him the receit, or at the leaſt to giue him the medicine compoſed and readie made, for the health of the patient: But I perceiuing that he would vſe other mens things for his owne profit and honour, refuſed to giue it him, but willed him to bring me to the ſicke man, and that I my ſelfe would miniſter the medicine vnto him gratis. The Phyſitian, either fearing blame, if it ſhould be knowen that he had recourſe to the aide of another man, hauing peraduenture boaſted that he had the ſecret himſelfe, or elſe in the meane time, ſtill to make his profit in diſſembling the matter, and deferring it yet two daies more, with diuers excuſes and colours, till he brought me to the patient,

ent, whom at my comming I found so nigh his end, that after hee had a little lifted up his eies, casting them pitiously toward me, passed from this into a better life, not having any need, neither of my secret, nor any other receit to recouer his health.

With this case I was moued to such a compassion and sorrow, that not only I wished my selfe euill, but also I desired to die, seeing my ambition and vaine-glorie to haue beene the cause that this poore man was not succoured with the remedie and gift that God the Father and Lord of vs all had giuen me. Wherfore, so great was the remorse of conscience in mee, that desiring to sequestrate my selfe from the world, and not finding my selfe of such a disposition of minde, that I could liue in a monasterie among religious men better edified then I, I was at the last fully resolued with my selfe, to chuse a place separate from any towne, where I haue a little land, some bookes, and a studie, for to auoid idlenesse. Here I liue a life, which I call a Monkes life, with one seruant, which goeth to the towne, not to begge, but to buy my prouision, and other things necessarie, for to sustaine his poore life and mine, as long as it shall please God.

But yet not hauing the power to put out of my fantasie, but that I was a very homicide and murderer, for refusing to giue to the Physitian the receit and remedie for the healing of this poore man, I haue determined to communicate and publish to the world all that I haue, being assured that few other men haue so many as I. And minding to set forth none but such as are most true and proued, I haue these daies past (taken partly out of my bookes, and partly out of my memorie, all those that came to hand) made a collection of such as I am certaine to be true and experimented, not caring if some of them be written or printed in any other bookes. For of this my collection, the reader, as touching those, may at the least take this profit, that whereas before he

he might haue doubted, whether ſuch remedies ſet forth by any other man, were true or not, he ſhall be now aſſured, vnder the affirmance of my faith: for truly I would not ſet my ſelfe, being in the age and diſpoſition, both of bodie and minde, that I am now in) to write fables or lies, that ſhould continue alwaies. But of one point I will aduertiſe the Reader, and that is, that he doe the things with good diligence, and that with medicines concerning mans bodie, hee vſe the aide and helpe of Phyſitians: although indeed many of them, moued with a certaine ruſticke and euill grounded enuie, with a paſsion of iealouſie, are wont to blame and contemne things that come not of themſelues. Wherefore, as well in this, as in euery other point, if hee that will vſe theſe, ſhould perchance finde, that the thing would not take effect according to his contentation, let him take heed that he abuſe not himſelfe in the confection of them, and to begin againe with more diligence. Aſſuring himſelfe, that (as I haue ſaid) there is nothing in this booke, but it is true and experimented: and giuing alwaies glorie and praiſe vnto God only for all, haue a good hope that by meane of his diuine grace,

I will conſequently make you a preſent of the reſt of all that I haue gotten in ſo many trauailes, voyages, coſts, and diligent ſtudie.

Farewell.

THE

THE SECRETS OF The Reuerend Maister ALEXIS of PIEMONT.

The manner and secret to conserue a mans youth, and to hold back old age, and to maintaine a man alwayes in health and strength, as in the faireſt flower of his age.

All this is taken out of the long ſtudie, and diuers experiences that a Gentleman made by the ſpace of manie yeares, in the ſeruice of a noble Ladie, being a thing moſt certaine, that an old man of threeſcore and ten yeares, all withered with age, of a verie euil complexion, and ſubiect to diuers kindes of diſeaſes, was altered and changed, as into the age of ſixe or eight and twentie yeares.

FIrſt, men ought to haue alwayes in remembrance & before their eyes, that no grace, gift or cõmodity is to be hoped for, but of god only. In whoſe great clemencie and goodneſſe, the great Prophet being aſſured and eſtabliſhed in conſcience through his perfect faith cried, ſaying: Renouabitur ſicut aquila, iuuentus mea. And by the ſame mercy & goodnes, he prolonged ſo manye yeeres the life of Ezechias: & made Moſes liue 120. yeares & more, & not one of his teeth at any time moouing, without anye dimnes of ſight, or ach of head. He then as a moſt mighty creator & father of all, hauing aſſigned vnto man the term of his life, & left him to the arbitre-

biterment of his owne will: and also hauing giuen vertue, strength, and properties vnto thinges, and leauing them to execute ordinarilie their mouings and nature, hath also left power vnto humane creatures, to preserue themselues in health, vntil the terme and prefixed end of our life, both vniuersaly and particularlie. But forsomuch as we knowe not how to employ things, according as they are conuenable and meet for our nature, and our chances or necessities, our disordinate maner of life maketh vs to liue the moste part in diseases, to participate our youth, and to abreuiate much our life: then, hauing our thought and mind alwaie firme & sure in him, and replete with faith and deuotion, saying in the name of his infinit goodnes vnto our selues: Longitudine dierum replebo eum, & ostendam illi salutare meum; We will commence and begin as inspired with him, and assured to helpe our selues, with the vertue and strength of things created in the worlde, by his diuine power, onelie for our benefit. And minding for a publick profit, to communicate somthing, as well searched and found out of my selfe by long experience, as lately obtained and gotten of a speciali friēd of mine, which also by great diligence and experience hath by the space of seuen yeares proued this maner of preseruing and stablishing the health and youthe, I will first giue you the manner how to make a miraculous licor conseruatiue & restorative of the naturall heat, and radicall humor, in the which two thinges consisteth principallie the health, vigour, strength, and life of man.

To make a precious ointment, and of inestimable vertue, the which taken at the mouth, strengtheneth and augmenteth the naturall heat, and radicall humiditie, purifieth the bloud, and cleanseth the stomach from all superfluitie of humors, and by that meane conserueth the health and youth, and prolongeth the life of him that vseth it.

In the mouth of Maie at the sunne rising, thou shalt take by iij in a pewter dish, or some vessell of glasse, beeing verie cleane

cleanse the deaw that is fallen vpon rosemarie, Buglasse, and other good herbes (Sage onlie excepted: for it is a thing most certaine, that vnder Sage certeine venemous beastes are wont to assemble, which infect and poison it with their breath: and though that the leaues may by washing be purified, and cleansed from such exhalation and breathing, yet neuerthelesse, if the deawe that falleth vpon the leaues, doe chaunce to take such venim and poison, it is not possible by any meanes to purifie it: and therefore you shall not take vp the deawe of Sage) then after hauing gathered as much deaw as you thinke good, haue three glasses readie, of such greatnesse as you will, the which glasses you shall fill somewhat more then halfe full: the one with Suger, and the other with Manna, and the third with hony, the rest of the glasses remaining still emptie and void: and then fill them all vp full with the said deaw, stopping them fast with white wax, and cause them with a linnen cloth: kepe them also in a cupbord or some other place out of the sunne, as long as need shall be to vse of it, as we will declare afterward: and then take the iuice of Quinces, and haue readie in a little glasse some good Agaric, broken in peeces onlie, and not in pouder: The which you shall couer with the saide iuice of Quinces, in such sort as you haue done with the Suger, and other things in the glasses, and kep it well couered. Then take the iuice of all these thinges following, of red roses or incarnate, of Succorie, of Endiue, of Fumitorie, of Buglasse, of Borage, of Pallowes, of hops, of the leaues and flowers of March violets: and of each of these iuices a like quantitie: then mix them well together. That done, take a pound or two of Aloes Epaticum, or as much as you will: for the more there is the better it shall be, because that the saide Aloe being so keped watred and prepared, as we will shew you, is a very exquisite and familiar medicine to kepe in a house, and take of it by little lumps or pils once in a weeke, when a man goeth to bed, for it kepeth the bodie from putrifaction, and from all euill humors, and is verie profitable

and

and good against the ach or paine of the ioints, and also for the French pocks, as hereafter we will declare orderly.

Take of the said Aloe of the best and the freshest, such a quantitie as you will, and put it in a cup of glasse, or cleane platter, as is above said, and set it in a Windowe, or some other place in the Sunne, watering or steeping it in the said iuices mingled together, giuing it thereof as often as shall be sufficient to make it moist, and to make it as it were a thinne sirop. Then cover the Cuppe with a cleane linnen cloth or paper, to keepe it onely from the dust, and leaue it so in the Sunne: and when it is almost warm day, embibe or water it againe as before, and let it stand in the Sunne. This shall you doe so often vntill you haue made it soke and drinke vp as much iuice, as the weight of halfe the Aloe only: that is to say, if the Aloe weigh two pound, make it drinke vp at diuers times one pound of the said iuices: This done, take these thinges following: Myr bit halfe an vnce, fine Cinnamon, Spica Nardi, Folefoot alias Asarabacca, Squinantum, Carpobalsamum, Xilobalsamum, Lignum Aloes, Bdellium, Myrrhe, Mastick, of each of them an vnce, with halfe an vnce of Saffron: all these thinges beeing well beaten into pouder, and put into a cleane Panne, you shall poure into them so much common Water, that it surmount the said matters a good hand breath, letting them boyle with a small fire, the space of an houre and more: after this you shal strain the said decoction, and by little and little, Water from time to time the said Aloe in the Sun, as you haue before done: and this shall you doe so long vntill the Aloe haue drunke vp all the decoction: This done, take it out of the Sun, and it shall be a pretious thing to keepe in your House, as wee haue already declared, which also maintaineth the body in health, keepeth the head cleane and causeth to haue a good colour, and a quicke and liuely spirit to them that vse it. He that is not of abilitie to make this mixtion in the manner aboue said, may make it in this sorte. Dry diligently the said Aloe in little dishes of wood, to make this that wee will speake of

Xilobalsamum the wood wherof natural balme commeth.

here

here followeth: take Aqua vitæ, not too fine, nor of the first stilling, but stilled twice or thrice at the most, and put in diuers little viols of glasse, the one bigger than the other, all these things following well beaten in pouder, at the least those that may be beaten, putting also in each of them as much of the Aqua vitæ, as shall be three fingers about them in the viols, doing as hereafter followeth. Take an vnce of small fine perles, well washed three or foure times in cleere water, & then being dried, and laied in the iuice of lemons or citrons wel strained, leaue them so by the space of 3. daies, & so put the said perles, that they may be with the said iuice remaining in the glasse, putting to the rose-water 3. fingers high, or aboue the perles, as is afore mentioned. Then take an vnce of fine red coral, & put it likewise in the iuice of lemons or citrons, vsing it in all points like as ye did the pearles, putting it in a glasse by it selfe with rose water, with 4. vnces of blew vitriol, wel burned in a close pot. This done, take the flowers & tender tops of rosemarie, of borage, of bugloss, of sage, of celandine, of yslope, of scabiose, of rue, of S. Johns woort, of primroses, together with all tender leaues of the said herbes, & then stampe them slightly in a morter of stone or wood, and put them al together into one glasse, or into diuers, with as much Aqua vitæ as will be aboue them 3. or 4. fingers, as we haue said of the other things, & let them stand so in the glasse, wel stopped with wax or bombase. Take after this halfe an vnce of saffron wel beaten into pouder, and put it in a glasse by it self with rose water, after the maner of the other things: then put to it 4. vnces of triacle, with rose-water in an other glasse, after the foresaid maner, and take one vnce of fine sinamon, a quarter of an vnce of cloues, an vnce of lignum Aloe, an vnce of Anisseed, an vnce of fenell seed, halfe an vnce of smallage seed, 5. or 6. vnces of Iuniper berries, halfe an vnce of cheruell seed, of the seed and barke of a cedar tree, of each of them 2. vnces, halfe an vnce of mirrhe, a quarter of an vnce of Storax, or Styrax liquida,

an vnce of Bengewine, an vnce of Sandali, of all sorts of Mirabolanes, of each of them 3. vnces, of pine apple kernels mundified 3. vnces, of yellow Amber, which the Apothecaries call Curabe, 2. vnces, 3. vnces of white Dittanie, grene or drie, the eighth part (or as little as you will) of an vnce of muske. Let all these things be well stamped & mixed together, and put in a glasse with their Aqua vitæ, as is said of the other. You must then stop wel all the said viols, glasses, or other vessels with wax, or bombase, and with parchment ouer it, and so set them a day in the sunne, and the night following, in the aire abroad. The morrow after, take some great vessell of glasse, as thicke as you can get, hauing no couer, because you may alwaies loke into it: and therinto you shall poure faire and softly the rose water that is in all the glasses, each of them being coloured with their substance, in such maner that no part of the substances which are in the bottome be mixt with it. And after, hauing put all the said Aqua vitæ into the said vessell, as is aboue said, ye shall set in some place, where as no sun can in any wise come vnto it. But beware that the three first glasses, that is to say, with the sugar, the Manna, and the honie in the dew, ought neuer to be set in the sun, but must be kept vntill you put it in vre, as we will shew you. And after that you haue poured the Aqua vitæ out of the said glasses, ye shal put in other fresh, and set them wel stopped in the sun, & in the night in the aire, as is afore said. Then put them all together with the other in the said vessell of glasse, and put againe in euery viol other Aqua vitæ, and doe as before. And thus must ye doo eight or ten times, or till you see that the Aqua vitæ will be no more coloured, or haue taken all the substance of the drugges that are in the viols. A man cannot change the said Aqua vitæ too often, because ye must passe all the said waters of life, thorow a bath called Balneum Mariæ, as we will hereafter declare, by the which ye may passe as well a great quantitie as a small. And by this meane also you shall lose no part of the

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vertue or ſubſtance of the ſaid things, hauing drawne and taken it all with the ſaid Aqua vitæ, of the which yée muſt firſt haue made proviſion of foure or fiue flaggons. Then ye muſt take all the foreſaid Aqua vites, being put into one veſſell, and mixe them well together with the thrée firſt viols, where the ſugar, the Manna, and the honie, with the dew, is: and then the viol with the Agaric, and 3. vnces of the ſaid Aloes, prepared and watered. After this put all theſe things in a great viol made of good and thicke glaſſe, to the end that it be not in danger of breaking in handling of it. And to be more aſſured, after ye haue well mixed all together, ye may diuide al the ſubſtances into diuers ſmal glaſſes or viols, to paſſe them thorow the ſaid Balneum Mariæ at ſundrie times, or at once in diuers little furnaces, in this maner: you ſhall ſet and trim the viols with ſtraw or towe, in the bottome of a pan or caudron, wherein there muſt be water, and ſet the ſaid caudron vpon a furnace of earth: & this is called ſtilling per Balneum Mariæ: Then ſet vnto the viol his limbecke with his recipient, that the ſubſtance take no wind or vent: then you muſt make your firſt fire ſo, that the caudron may ſeeth or boile faire & ſoftly, and ſo ſhall diſtill & make come into the recipient all the Aqua vitæ as cléere as cryſtall, the which, becauſe it hath béene paſſed thorow by diſtillation diuers times, will be the better for al things then the other, & principally to be taken at the mouth, becauſe it kéepeth part of the vertue & ſtrength of the things that it was put into. Alſo you muſt vnderſtand, that of the fiue parts only of all the ſubſtance which ſhalbe in the viol or viols, 3. or 4. parts muſt be diſtilled, & the reſt to remaine in the bottome of the ſaid viols. This done, let the ouen or furnace, & the caudron coole, & in vndoing the limbecke & the recipient, ye ſhall take away the viols, kéeping well this diſtilled water for to ſerue you, as we haue afore ſaid: & then put al the ſubſtance remaining in the ſaid viols not diſtilled, into ſome other great & thick viol or glaſſe, well couered or bound in wicker or oſiers,

ping it with ware or bombase, and aboue that, with a double parchment, and locke it handsomly in some place, farre from the sunne, and out of all heat. This licour hath not his like in vertue, the which taken euery weeke once or twise the quantitie of a spoonfull, preserueth health, driueth away all euill complexions from the body, maintaineth and strengtheneth so the naturall heat and radicall moistnesse, and vpholdeth a man in his strength, and vigour of the head, and of the wit, maketh the visage well coloured, the breath swet, the body yoong & lustie, that a man is not able worthily to esteeme or iudge the vertue thereof, and lesse able to expresse & praise the great goodnesse of God the Creator that giueth such vertue vnto the things created, & openeth the wit and vnderstanding of man to know them, & to vse them to the profit & commoditie of his creatures.

Now the maner how to vse it, is this: in the spring time ye may take it alone, or with a little broth of veale, pigeons, or chickens, or else in malmesie, or some other good white wine. In summer ye must take it with water of buglosse, or the decoction of borage, buglosse, lettice, succorie, endine, or else some of the said hearbes: and at all times it is good to take it a spoonfull, put into halfe a glasse ful of the milke of a woman, new brought to bed of a man childe, or of a nurse that giueth a man childe sucke, or else in Goats milke. And the quantitie and oft vsing of it must be obserued, according to the persons, and time: for vnto a weake & aged man, and those that haue bin lately sicke or weake of nature, ye must giue it oftner & a greater quantitie then vnto a yong & lustie man. Also a man may take of it oftner, and more in winter then in summer. Now ye must vnderstand, that all the flowers, herbs, & other things rehearsed, are not found together in one time and season: wherefore the said liquor cannot be made at one time, but beginning the first or second weeke of May, it shall be at the least the end of September or October before you can make an end: and therfore you must gather from time to time each

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thinge in his season as you maie get them, & put them in som vessel, euerie one by themselues, or with the other thinges that they ought to be ioyned with, after ỹ maner abouesaid: & vse to dresse & trim the saide thinges, according to the time that you may get them in. And yet if you cannot furnish your selfe with all such thinges as I haue declared, take those that you can get: prouided that the resse which you can not gette, be not of to great importance: but it should bee more expedient and sure, to haue of all, seeing there is nothinge of anie great cost or charge, or to hard to bee gotten. Moreouer, if you wil haue your matter in good perfection, there resteth but to make a naturall dissolution of fine golde: and when you wil take of it, take two parts of the said licour, and one part of the dissolution of the gold, which we wil teach you to make hereafter, although that in this present part wee wil make no mention of the perfectest maner of making of such a dissolution, which we haue gotten by great studie & obseruation, and by often experience of the thing that we wil do, aswell for not being verie possible to shewe it by writing, without making demonstration thereof, as for other causes. But we wil put heere some other manners and waies, both good & true, and of such importance, that peraduenture better hath not vnto this daie bene found.

A potion or drink to be vsed in stead of a Sirup, good for men of all ages and complexions that will be purged: the which taken what day you will, driueth awaie the euill humors, without mouing or troubling the good, or dooing any hurt: & is also verie good for the great pockes, and all infirmities, aswell of the stomach, as of the head: and is likewise profitable for them that be in health, to take twise in the yeare, in stead of an ordinarie purgation, that is to saie, in the spring time, and in September.

TAke Mallowes, & boile them in water, vntill they be so soft that they can almost be no softer: then straine the decoction, and take powder of Sene, and of the barke of lignum

Sanctum, called Guaiac, of each of them vii. vnces well beaten to powder, and cleansed or sifted, Salt Armoniac twoe dragmes: and in the meane time, sette the decoction of the mallowes vpon the fire with halfe a pound of Honie, and let the saide decoction be about two common glasses quantitie, whereunto ye must put halfe a pound of tartell, and then let it boile faire and softlie, the space of halfe an howre, skimming well the honie. After this ye must straine it, and put it hot as it is into a pot by little and little, where the forsaide things be, that is to saie, the Sene, the Guaiac, and Armoniac salt. Now in powring, you must alwaies stirre the saide thinges with a spone, or some other thing. And then immediatlie you must couer the pot with his couer, in shutting it close, and closing it vp with claie, round about the sides, so that nothing may breathe or spire out, and so set the potte vpon the fire, by the space of two Paternosters, and no more. Then take it from the fire, and wrap it in a pillowe of Feathers, well warmed by the fire, or in a tubbe or barrell full of braune well heated, or in some cloth verie hot, to the ende it may be well nourished and kept warme, and leaue it so by the space of ten or twelue houres. Then afterward ye must open the pot, and straine the saide substance through a strainer or thick Canuas, and you must haue readie before, halfe a glasse of white Wine, & in the same three or fower vnces of Rubarbe, cutte in small peeces, and that the Rubarbe haue bene in it, the space of a daie or two before: the which wine ye shall powre into the decoction of the saide things, as soone as it is strained, as is aforesaid: and put therevnto an vnce of Aloe Epaticum, prepared and ordered as is aboue saide: or at the least, as the Apoticaries doe sell it, and call it Aloe Lotum, with the iuice of Roses or otherwise, the which yee must put in well beaten to powder, with halfe an vnce of Cassia Lignea, and keepe all this composition in a violl or other vessell well couered. The maner of receiuing it, is to heate it a little at the breake of the daie, and to take halfe a glas full or more of it, according to the exigent of the sickenesse, and

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the qualitie of the person, and hauing taken it, he must kéep his bed a while and slépe, if it be possible, and then rise and walke about the house or elsewhere, at his pleasure. Neuertheless, it were better that he kept the house, and speciallie because of the moning of the bodie. And this maie he vse, fiue, seuen, nine or eleuen mornings, for the pluralitie can not hurt. Also this potion or drinke is of such exquisite bountie for mans bodie, that we néed to vse none other maner of purgation or medicine.

A verie easie and good remedie for to heale all maner of pocks, which is made with little coste, and requireth not that a man keepe his bedde or his house, but may vse it going in the streetes: And it is also verie good for all sortes of greefe in the ioynts, in what part of the body soeuer it be.

TAke three pounds of rawe Honie, and a pounde of the iuice of the flowers of an hearbe called Primula Veris, which hath his leafe somewhat long, fatte, or full of carnositie, and somewhat white, his flower yellowe, fashioned like a bell: and for lack of the flowers, the iuice of the herbe: then take halfe a pound of Lignum sanctum beaten into powder, and hauing let it boile in common water a good while, you must straine it, and put the said iuice with the said hony into a pot, putting to it three vnces of Aloe Epaticum, ordered as is aforesaid, or as the Apoticaries sell it, washed with the iuice of Roses. And then vppon the saide Aloe beaten into powder ye must poure as much of the said water, wherin the Guaiacum hath boiled, as will mount in the pot fower or fiue fingers high: then adde thereunto two vnces of the vineger of Squilla, and let it boile faire & softlie, by the space of halfe an houre or a little more, skimming well alwaies the honie, and when it hath almost boiled enough, putte vnto it three vnces of fine Sinamon, wel beaten into powder set it again awhile vpon the fire: then hauing taken it of, and set it vp to kéepe, ye must heat of it in the morning a glasse ful: and after you haue dronken it, eate a little péece of a quince, or

ſ a fruite called in Latine Sorbum, or in French Corme, or Grœne grapes or Pomegranade, or of ſome other binding thing what ye will: and kéepe your bedde, ſléeping as long as you will, & alſo after you be riſen, and haue don your buſineſſe, yea, out of the houſe if it come ſo to paſſe. But (as we haue ſaid) to kéepe your bed or houſe, is alwaies the beſt for you when you vſe phyſick. And this potion or drink muſt you take from daie to daie: but if the paine be not too vehement, it ſhall ſuffice being taken twiſe in the weéke: and this doing, you ſhall ſée a wonderfull operation, and yee ſhall not néed to vſe lignum Sanctum, nor any other thing. This remedie onlie is ſufficient for all men, and hath béene proued and experimented diuers times, and vpon diuers perſons.

To diſſolue and reduct gold into a potable licour, which conſerueth the youth and health of a man, aſwell taken by it ſelfe as mingled with the foreſaid licour, ſpoken of in the Second chapter of this preſent parte, and will heale euerie diſeaſe that is thought vncureable, in the ſpace of ſeuen daies at the furtheſt.

TAke a glaſſe full of the iuice of Lemons, & heat it ouer the fire, vntill it begin almoſt to ſeéth: then take it from the fire, and ſtraine it thrée or foure times through a linnen clothe, and afterward diſtill it through a long gutter Felte: then take two pound of rawe honie, and ſette it on the fire in a potte, mixing with it the ſaide iuice of lemons, and adding thereunto half a pound of common ſalt, that is cleane, white, and well beaten, mixe wel together, and lette it ſeeth faire and ſoftelie, vntill there remaine no more ſcum of the Honie. Then take that that remaineth in the potte, and diſtill it in an Vrinall of glaſſe, making but a ſmall fire at the beginning, encreaſing it by little and little, and at the ende great and ſharpe: and when that all is cooled againe, open the violl and powre the water out of the Recipient into an other Violl, ſtopping it verie ſure for taking vente. This done ye muſt breake the vrinall of Glaſſe, and take the lées that ſhall remaine in the bottome, and putte it into a co-

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nered potte, the which potte you muſt couer ouer and ouer with claie or morter, to the intent it maie the better indure the fire: and after put it into ſome furnace, where Glaſſe is made, or into a Potters furnace, or lime-kille, or ſome other ſemblable thing, ſo that it may be in a great fire, by the ſpace of twoe or three daies. And after that the ſaide ſubſtance ſhall be taken out againe, ſtampe it well, and for a pound of the ſame, put in fower ounces of Manna, and two vnces of ſuger Candie, and if there be more or leſſe of the ſubſtance ye muſt put in a good portion of the Manna and ſuger candie, in equal quantitie with the ſubſtance. Then put all into another vrinall of good glaſſe well claied, and poure vppon it the water which you kept before in the violl, putting thereto twice as much fine Aqua vitæ, as was in the ſaide firſt violl. and hauing trimmed and ſet the vrinall of Glaſſe vppon the Furnace with his Limbecke, and his Recipient, and well cloſing all the ioints with claie or morter, ye ſhall make the matter diſtill faire and ſoftelie, with a ſmall fire, for it will eaſilie diſtill: & when it will diſtill no more, augment your fire, ſo that you may diſtill all that is poſſible. But you muſt leaue the water with the violl vppon the furnace, without mouing it anie whit, vntill you will putte it in experience. This doone, take fine golde foile, that is of fower and twentie Carats well fined with ſome cimente, or with Antimonium: and take of the ſaide foile, what quantitie you will in a cup of glaſſe, in mingling them well with Honie, or with Julep roſet, or Violet, as men are wont to dreſſe it to write withall, whereof we will put perfectlie all the manners and faſhions, in the firſt part of this volume. And after you haue well vnmixed, and purged it from the ſaid honie with hotte water, as ſhal be ſaide in the ſame place: you ſhall put them to diſtil in a viol of glaſſe: and then hauing taken off the recipient, put the ſaid water into a long necked glaſſe, wel ſtoped with white ware, hauing firſte putte vppon the ſaide golde, which is in the violl, the height of fiue fingers of the ſaid water, and then ſette to the limbecke with his Recipient,

ſtopping

ſtopping wel with claie the iointes, making the water which ſhall be vpon the ſaid gold, to diſtill with a ſmal fire, not augmenting it at the ende, to make all to diſtill, and care not if the gold remaine ſomewhat moiſt. This done, take awaie the limbeck from the viol, without taking awaie, or vntieng the recipient from the ſaied limbecke, not ſtirring the water out of the recipient. But take ſome man to helpe you, who whiles you take the limbeck off from the vrinall, ſhal power vpon the ſaied gold the ſame water that you kept in the viol, ſtopped with white ware: and let him put in as much as at the firſte time, that is to ſaie, the height of ſius fingers: then immediatly ſet the limbeck vpon the vrinall againe, cloſing well with claie the ioyntes or ſides a newe, making the diſtillation, as afore: and ſo conſequently vntill al the water of the ſaid vioil, be diſtilled vpon the ſaid gold. And finallie, ye ſhall powre the gold out of the vioil into a glaſſe, somewhat great to holde the water that you haue diſtilled into it at diuers times, as we haue ſaide in the chapter before: then ſet to the limbeck with his recipient, and ſee that by the ſpace of xv. or xx. daies, the water of the bath be hot without ſeething ſo that yet nothing may diſtil. Then after make the water to ſeeth, & diſtill al that may be diſtilled: & in the bottome of the vioil, the gold wil remaine diſſolued into licour moſt precious, which you muſt keepe in ſome little glaſſe well ſtopped. And if you will haue it yet finer, you may make it without taking it out of the ſaid glaſſe, in putting it againe into the ſaied water, and diſtilling it afreſh, not keeping (for all that) the water from ſeething as you did before, but make it ſeeth, and diſtill all at once, and this diſtilling may you reiterate as often as you will: For the oftener it is diſtilled, the better it is. Thus doing ye ſhall haue a right naturall and perfect potable golde, whereof ſomewhat taken alone, euerie month once or twice, or at the leaſt with the ſaid licour, whereof we haue ſpoken in the ſecond chapter of this parte, is verie excellent to preſerue a mannes youth and healthe, and to heale in fewe daies anie diſeaſe rooted in a man, and

thought

thought to be incurable. The said golde will be also good & profitable for diuers other operations and effectes, as good wits and diligent searchers of the secrets of Nature, maie easilie iudge. In this same maner (obseruing all thinges diligentlie) a manne may make of siluer beaten into foile, to haue likewise a potable siluer, of a meruailous vertue, yet not such as the golde: and I assure you, that I saw aboue fiue yeares agoe, an Englishman haue a water made of siluer, peraduenture trimmed and dressed after another sort, according to diuers different waies, tending (notwithstanding) all to one end, with which water the said Englishman didde many things esteemed as miraculous, in healing many painfull diseases and infirmities of man.

To heale an excrescence or growing vp of the flesh, within the yard of a man, albeit it were rooted in of a long time.

TAke the lees of honie distilled, or if you cannot haue such take Honie, and burne it in a pot: and put the black lees that shall remaine in the bottome into an other potte, or into an Iron panne, and set it to burne or calcine in a vernishers furnace, or suche other, in a great fire by the space of three or fower daies, whereof ye shall haue a substance as yelowe as golde, the which will bee excellent to laie vppon all manner of wounds: for it eateth awaie the euill flesh, mundifieth & healeth the good without paine or greefe, which maketh to be much better for all wounds, then is Precipitatum, that the Chirurgians commonlie vse. Then take of this powder an vnce, of dogs turds two vnces, lees of wine halfe a dragme, which is the halfe of the eight part of an vnce, fine suger a dragme, roche Alume burned a dragme, of Tutia a dragme: let all these things be wel beaten to powder, and sifted through a fine seeue, and then take green leaues of an oliue tree, and beat them in a morter of stone, moistning them a little with white wine, the which beeing well stamped, you must strain in a presse or betweene two trenchers, that ye may get out the iuice, & put to the same a much iuice of Planten:

then

then set it to the fire in a little pot, & afterward put in it by little & little the said pouder, mingling altogither continually: And last of all you must adde vnto it a little grene wax, & a verie little Honie rosat, that it maie be a liquid ointment, and so keepe it. This ointment is verie precious, to consume all maner of excrescence, or growing vppe, of flesh in anie tender place of the bodie, as in the secret members, or in the nose: wherto a man dare not applie anie strong or smarting thinge. Nowe when yee must vse it for a carnositie within a mans yard, you shall take first of all a squirt, and fil it with white wine, wherein drie Roses and Plantine leaues haue bene sodden and boiled, wherewith also ye shal mixe a little womans milke, or the milke of a Goate: then wash wel the mans yarde within with this squirt. And after this take a little Wax candle somewhat long, and of such greatnesse, as it maie enter into his yard, at the point whereof ye shall put a little of the said ointment, warming it a little, and thrust it as farre into his yard as you can, vntill you feele the carnositie, and leaue the said ointment within the yarde a little while, then take it out againe: and doe thus morning and euening, lying a bedde his bellie vpward, when ye shall put in the candle with the ointment, and ye shal see a maruelous effect, for it shall heale him throughlie in fewe dayes, without anie danger.

To heale all maner of inflamation, & euill disposition of the liuer, and by the same secret haue beene healed certaine persons, which had their faces as it were leparie, great swolne legges, their hands inflamed, and rough within side.

TAke flower, or Amilum made of Barlie, which yee shall easilie finde at the Apothecaries, & seeth it halfe an hour in common water: Then straine it, and putte it in another newe pot that is cleane and neate, putting in a fewe Mallowes, Succorie, Hoppes, Endiue, and Burrage: and seeth all these together vntil it be dissolued, and adde to it an vnce of Sandall: and then straine all, and take in a linnen cloth as

as much Cassia extracta, as will goe into two Nutes, and putt it within the said linnen clothe with the Cassia, while the water be hot, pressing it so harde betwene your two fingers, that all the substance of it may go into the said water: then put to it suger or Penides, as much as you will. Of this drink, which is of a verie amiable sauor, you must take from daie to daie a little glassefull in the morning, lying in your bed, with your breast vpward: then laying some linnen cloth vpon your stomach, slepe if you can, and take of it also after you be vp and haue doone your necessaries, the which doing, you shall find your selfe verie well healed in fewe daies. But here note that this must be done in summer, and not in winter: and he that hath his stomach verie cold, may weare before his breast some peece of scarlet, or other clothe, and sometime annoint his stomach with an oile made for the weakenesse of it: the perfect composition whereof we will put hereafter.

To heale the Emorhodes or piles in a night, a rare secret and very excellent.

TAke the leaues of grene Elder, and boile them in water, vntill they be dissolued, then take a peece of red cloth a little bigger than the palme of your hand, and stretch it a long vpon your palme. Now must the patient be in his bed with his bellie downeward, because ye must laie the said leaues vpon the Emorhodes, hot as they were taken out of the caudron, hauing laid vpon them before, a little oile oliue. Then take another little peece of cloth, with other leaues, and take awaie the first, continuing thus and changing alwaies the leaues (if not all the night) at the least as long as ye may: and also in the meane time ye must let the pacient slepe as much as he will, who in the morning shal finde himselfe as lustie, and as well disposed, as if hee had neuer had the diseale

A singular ointment, which healeth all burninges with fire, not leauing any cicatrice or skarre where it hath bene.

Take

TAke the white of two Egges, twoe vnces of Tutia Alexandrina, two vnces of quick lime washed in ir. waters, an vnce of new wax, with as much oile Ro set as shall suffice, and make thereof an ointment, which ye shall finde very good for this that we haue spoken of.

A perfect and proued remedie for them that be weake of stomack, and cannot keepe their meat, without vomiting it vp againe.

HAuing taken two pound of red wax, and made prouision of a dish full of oile olive, take peeces of alablastre & heate them in the fire: and then quench them in the said oile: heat them againe, and quench them as before: and so three or foure times. This done, beate the alablaster to pouder, and mixe it with the said wax and oile, wherein it was quenched: Then put all to distil through a crok necked viol like a bagpipe, claied round about, sauing the bottome, which distillers beyond the sea do vse, the Frenchmen cal Retorte or Cornue, and make such a fire as the oile maie distill, with all the reste that possible may be distilled: and then kepe it, putting to it halfe an vnce of Mirrhe beaten in pouder. And when you will put it in effect, ye must take a little pan of brasse or iron: & hauing the tops and leaues of Wormwood which is a bitter hearbe, put them in the said oile, and seeth or frie all together: then take it hot as it is, & rub the patients breast with it vp to the throte, doing thus alwaies at night when he is in his bed, and it shall make his stomach strong. He muste vse in his meat as much Rosemarie as he can, be it rawe or otherwise, and especiallie in his drinke. He must vse likewise the most excellent Aqua vitæ, wherof we will speak hereafter.

An excellent remedie, wherewith a woman of 36. yeares was healed, that had so marred her stomach, that in the space of two years & a halfe she neuer purged naturally downward, and assoone as she had eaten any thing, she vomited it vppe againe, so that she became yellow, and as drie as a sticke.

A monke

A Monke of the order of S. Augustine, a man of great knowledge, and full of marvellous secretes, healed the said woman with this remedie following: and in the space of eighténe daies, made her as whole and sound, faire & wel coloured, as she was before her sickneſſe.

First of all, he had made a little ouen, like vnto such as men bake bread in, the which he did heat with rosemarie, & the same ouen was in fashion like a Bakers ouen, wherein he baked little prétie loaues and cakes, which he gaue her alone without anie other thing to eat eight or tenne daies, & gaue her white wine to drink without water. He gaue her also gentle meats, with Sinamon & suger: and euery morning gaue her in a glaſſe, about a finger heigth of water made after this maner following: Aqua vitæ halfe a glas ful, wherin he put the yellow pil of halfe a citron, or Orenge cut in péeces, the flowers of Rosemarie a handfull, fine Sinamon an vnce, Saffron a quarter of a dragm, Bengewin a dragm with a little Musk: and made her to be washed ouer and ouer, or bathed in the decoction of Rosemaris, and other swéet hearbs once a wéeke, and euerie night annointed her breaſt with the said Oile, diſtilled & sodden with wormwood: And aboue all things, commanded her to kéepe a cushen vpon hir stomache in the night time, and causes her to lie long a bed in the morning: he made her also eate the confection of Diambre. And in this wise he made her in eightéene daies as whole & as faire as she was before, whom no phyſician could euer finde remedie for, during all the time of her sickneſſe.

Three remedies verie good against the wormes in little children.

TAke the flower of wheate wel boulted, as much as will lie vpon three crownes of gold, and put it in a glaſſe, & poure vnto it well water, or fountain water, so much as wil kéepe the said flower, and make it loke like as it were milk and no thinner: then giue the childe drink of it, and you shal see that with his siege, the wormes will come forth starke dead, which is a verie good remedie.

The

The second remedie.

TAke a Citron or Orenge, and make in him a hole, as big as a pennie, by the which hole with wringing, yee shall make the licour come out: and hauing made a hole into the middle and more, ye shall poure into it oile of baie tree or leaues, the iuice of Rue, the iuice of Wormewood, Triacle, flowre of a certaine kind of poulse corne, called Lupinum, or Lupinus in latine, hauing one stalke, the leafe in fiue diuisions, the cod creuised about, hauing in it fiue or sixe graines, hard, broad and red. They be common in France and Italy, but here vnneth knowne. And seeth all this a while, and then poure it in a dish, and annoint therewith the childes nauell, stomach, temples, nostrels, and the vttermost parte of his poulses, and ye shall immediatlie see a wonderfull operation.

The third remedie:

FOr children that be so little that a man cannot minister the medicine in at the mouth, you shall take verie good Aqua vitæ, wherewith ye shall wash or weate the stomack or the breast of the child: then pouder ouer the said places with the pouder of fine Mirrhe, and laie the childe downe a little while, with his breast vpward, and you shall see incontinent, that with the doong of the childe, the wormes shall come out dead.

To heale children of the Lunatike disease, which happeneth vnto them by reason of a worme with two heads that breedeth in their bodies, the which worme comming vnto the heart, causeth them to haue such a passion, that oftentimes it killeth them.

TAke the tender stalkes of a Wilding tree, and drie them in the shadowe: then stampe them well, and sifte them and take of the said pouder, and the roote of Gentiam, and of long Peonie, of each of them a quarter of an vnce, and halfe a quarter of an vnce of Mirrhe. All these things well beaten in pouder, ye shall put in a dishe, or in some other vessell, as you

you thinke good, moist them with a little water: then take of it with your two fingers, and weat the lips & the mouthe of the childe. Doe this three or foure times, and you shall see the worme come out dead with his siege. This haue I often times seene by experience, and manie children, which for lack of good help, haue died with such maner of wormes, the which afterward being opened, men haue found the worme sticking vpon their harts. And for the same accident, the other remedies, which wee haue written of before against the wormes, be also verie good.

A remedie for the falling sickneſſe.

TAke Germander gathered in Maie, when it is in blossome: drie it in the shadow and make it in powder. And when you wil vse it, take the yolke of an Egge or twaine, and stirring or breaking it with a spoonefull of the pouder, then seeth it, and giue it to the patient to eate. Doe this morning and euening eight daies longe: but all this while he must abstaine from Wine, and carnall companie of women, from all sort of poulse, as beanes, pease, fitches, tares and such other things, from Salades, salt flesh, and from all other things, which are of a hard concoction, or digestion. A verie goodlie and notable secret.

To make oyle of Brimstone, to heale all manner of cankers, diseases or sores, which come of a putrified humour, and runne continually, commonlie called Fistules, and also to heale old and inueterate woundes.

TAke Brimstone beaten into pouder, and hauing scraped and mollified it with common oile, put it in a gourde, apte to still out of, so that it be brought as it were like paste, the which you shal distill through the mouth of the said gourde: and the Oyle that shall drop out ye shall putte into a viol, filling it halfe full: and afterwarde fill vppe the saide Viol with Plantaine water, and with the iuice of Cardus Bene-

dictus, & so let it boyle a pretty while. Then wash the wound with Aqua vitæ, or white wine, and lais to it of the said oyle, and in fewe dayes ye shall heale it perfectly.

To take awaie the venom or poyson from a wound made by some poysoned weapon or arrowe.

TAke Assa Fetida, and a gumme called Galbanum, of eche of them an vnce, and keepe them in Vinegar, the space of a night, then set it to the fire to dissolue, and straine it through a linnen clothe, mixyng with it two vnces of Vnguentum Diabasilicum: and laie it to the wound, & incontinent the said ointment will drawe vnto it selfe, & kill all the venom, so that the wound maie afterward be healed, as all other maner of wounds be: and in case ye lacke or cannot get Galbanum, it shall suffice to haue onely Assa Fetida, to drawe the venom out of the said wounde.

Against the biting of all venomous beasles.

AS soone as the person feeleth himselfe bitten with anie venemous beaste (or at the least as soone as it is possible) take greene leaues of a figge tree, and presse the iuice of them three or foure times into the wound. And for this serueth also Pullard seede mingled with Vineger.

To drawe an arrowe head, or other Iron, out of a wound.

TAke the iuice of Valerian, in the which ye shall wette a tent, and put it into the wounde, laying the said hearbe stamped vpon it: then make your binding or band, as it apertaineth, and by this meanes ye shall drawe out the yron. And after heale the wounds, according as it shall require.

Against the vehement cough of yong children.

TAke the Iuice of Percelie, powder of Cummin, Womans milke, and mixe all well together: then giue the childe drinke thereof, & after make this ointment following. Take the seede of Line or Flax, & Fenigreek, & seeth them in common water: then presse with your hand the substance of the said hearbes, whiche you shall mingle with Butter, & so

to annoint the childes breast with it, beating it often tymes.

For him that hath a bunche or knob in his head, or that hath his head swollen with a fall.

TAke an vnce of Baie salt, raiwe Honie three vnces, Cummin three vnces, Turpentine two vnces, intermingle all this wel vpon the fire, then laie it abroad vpon a linnen cloth and make thereof a plaister, the which ye shall laie hot to his head, and it will altogether allwage the swelling, and heale him cleane and neate.

A good remedie for one that is deafe.

TAke Mynte, Sage, Pennyroyall, Rosemarie, Isope, Mugwoorte, or Motherwoorte, wild Minte, Calaminte, Camomill, Millefoile, Yarrowe or Noseblede, hearbe Sainct John, Wormewood, Southernwood, Centorie, of eche of them a handfull: Seeth them in a cleane panne, with as muche good white wine as there be herbes, and let it seeth all together, vntill the third parte be diminished: then cause these oyles following to bee made at the Apothecaries: olde Oyle two vnces, oyle of Lilies, oyle of Almondes: of eche of them an vnce, of the iuice of Rue halfe an vnce, of Palmesie an vnce and a halfe: put all these thinges in a long necked glasse or viol, and let it seeth with a small fire vntill the Iuice and the Palmesie be almoste all consumed: then take it from the fire, and put into it these Drogs following, well beaten into ponder, that is to saie, Spikenarde, Coloquintida, the stone of a Beuer, called Castoreum, mastick, of eche of them a graine and halfe, stop well the said viol, that nothing may take vent: then put it in a pan full of water, and make it seeth the space of three houres. Then take it from the fire, & poure the said licours in some platter, which you shal sette in the sunne, and leaue it there vntill it shall become very cleare: & hauing strained it through some fine linnen cloth, and pressed well the substance, ye shall put a graine and a half of musk in

a dish and incorporate it well by little and little, with the said oyle, and then kéepe it in a viall well stopped with wax and parchment. After this, take the pan with the said hearbes, and heat them vpon the fire: then take for a couer or lidde, a funnell made of white Iron: and when ye goe to bed couer the pan with the said funnell, and se that the pan be good, and hot: then by the little hole aboue, lette the patient take the smoake into his eare, by the space of halfe an houre. This done, heate the said oyle, vntill it be luke warme, and lette it drop into his eare two or three drops: and stop his eare with a little Musked bombase or cotton, and let him slépe thereupon. Now he must in receiuing the perfume or smoke into his eare, haue in his mouth some drie beanes, and after hee hath chewed them, spit them out againe, to the ende that in chewing he may open the conduits of his eares. And with the grace of God, he shall finde himselfe healed in few daies: prouided, that the disease be in any wise cureable. If in case this helpe not, yee néede not séeke any other remedie in the worlde. If a man haue also any humming or noise in his eares, let him vse the saide medicine, and you shall see with Gods helpe a wonderfull thing: for it will heale the deafnes of a man, though he haue had it thirtie yeares, so that he bee not borne deafe. Let him vse also to take pilles to purge his head, and to eat good meate alwaies.

To heale a woman that hath the Matrice out of her naturall place.

TAke a Flint stone that hath beene alwaies in the earth, and not taken the aire, and put it in some basket, couered in a great fire: and when it is verie hotte, put it in a little tubbe or barrell, and wet it with vineger cast vppon it, and cause the woman to stande ouer it, to receiue the smoake or perfume of it, and then let her goe to bed, for this must bee done at night. Ye shall after this, take the iuice of Rue, and make a little rounde ball of cotton, whereunto yee shall tie a

tie a threde: and then dippe the saied ball in the saied iuice of Rue, and put it into the mouth of the Patrice, the which will incontinent take the ball, & drawe it in, and then it will returne into his natural place againe. But you must binde and tie the ball sure and well fast, peraduenture it should remain within. After this, make an ointment as followeth, wherwith ye shall anoynt the reynes of her backe. Take an hearbe called in Greeke Ciclaminos, of the Lattins Rapum, Tuber terræ, or Vmbilicus terræ, of the Apothecaries Panis porcinus, of the Frenchemen Pain de porc, in English, Sowes breade, and Rue, as muche of the one as of the other, and stampe them well: and then seeth it in a panne with old oyle, vntill the whole be diminished in the thirde parte. This done, let it coole againe, and hauing prested out all the substance, ye shall poure it into an other newe panne, adding to it a little newe Ware, and heating it altogether, vntill it be well incorporated: then anoynt her reines withall, and laie hotte Towe vpon it, and then swadle her as Women do young infantes. And so she must be laied in her bed, with her bellie vpwards, and her head lower than her Buttockes. This must ye doe from night to night, three times, and she shall be healed. She must also eate hotte thinges in operation, as Pigeons and Hennes, with spices and other like thinges. She shall bee healed without any greefe, and if she had it thirtie yeares.

To make a womans mylke come and increase.

TAke the greene leaues of fennell, and make thereof a decoction, be it in Wine or water, whereof yee shall giue the woman drinke, as well at her meales as otherwise, as often as maie bee, and she shall be abundant in milk. Furthermore, if the woman haue not ordinarily her naturall purgation called Flours, this will serue her for a good medicine.

A verie goodly secret for the gummes or burgeons that remaine of the great Pocks, as well olde as newe.

A defensiue is made when a Surgion will laie any drawing or healing plaster vpon, or to a wound, he maketh some ointmẽt restraintiue, because it shall not draw or heale too fast, and that is called a defensiue.

TAke Bole Armoniack, Vineger, & Oyle Roset, & make therof a Defensiue, or ointment, annointing the burgeons round about thrée or foure fingers large: then take two partes of the oile of an hearbe called Euphorbium, first founde out by *Juba*, the king of Lybia. Looke *Paulli Aegi.* 3. *car.* 53. and one part of oyle Violet: and mixe them together, and anoint the burgeons withall, hauing first well washed them with red wine verie hot: And when you haue thus anointed them with the said oyle of Euphorbium, lay vpon it some little band anointed with Butter, leauing it so thrée or foure houres, or as long as you will: then vncouer the burgeons, and if you finde no bladders, doe once againe as before, vntill you sée some. And then you maie pricke and breake the said bladders, or let them breake of themselues: and then ye maie heale them with some healing oyntment.

An other remedie for the same burgeons of the pocks.

WAshe the Burgeons with Wine, and make the defensiue aboue said: then take thrée parts of Vngoentum aureum, and one parte of Sublimatum, well broken or beaten: myngle the said Sublimatum with the saied ointment, and laie it with a plaister vpon the burgeons, leauing it therevpon a date or more, if you can, and yee shall finde the burgeons or buddes, and the flesh faire and neate, which will seeme to bee a miraculous thing: and if it worke not well at the first, ye must renue it againe twice or thrice, according as the burgeons shall be hard & olde. Now when they be throughly dissolued and losed, take Butter washed with wine, and lay it vpon a linnen cloth, & put it vpon them, and so shall you heale them perfectly. Note also that the said ointment with the sublimate will draw vnto him al the superfluitie and euill humors of the arme or legge, whereunto it is laied

is laied. Wherefore it will not onely heale the place where you laie it, but will also purge the whole member of all euill humour that is in it, and therefore there is a verie good water confect and made of it, for to heale scabes, as we will tell you afterwards. It healeth also all other accidentes, whereupon you make anie outwarde application: and (as we haue saide) draweth to himself all the watrishnesse, and humour of the member, whereupon it is laied. Now when you will laie it vpon the burgeons, or vpon any corrupt place, weat well the linnen clothe and the bande that you will binde it withall: weat also round about the infect or sore place: the said medicine will drawe all the corruption thorowe the said places. And this is a verie worthie and exquisite secret for all thinges, so that it be well vsed, made, and applied.

A very easie and perfect remedie for him that hath anie blowe with a sworde, staffe, or stone, or other like thing, yea though he were greuously wounded.

TAke Taxus Barbatus and stampe it, and take the iuice of it: and if the wound bleede, wipe it, and make it cleane, washing it with white Wine or water: then laie of the saide iuice vpon the wound and the hearbe vpon it, of the which you tooke the iuice, and then make your binding, and let it be on a whole daie: and you shall see a wonderfull effect.

A water to heale al maner of woundes in short space, which is a thing that euery man ought alwaies to haue in his house for the accidents and chaunces that maie fall, seing it is easie to be made, and with little cost, and that it is of so marueilous an operation.

TAke a pounde of newe yealowe Waxe, or as much as you will, and let it melte vpon the fire in a cleane panne: And then poure it into an other pan or Dishe, wherein must bee Malmesie, Vinum Græcum, Muscadell, or other white Wine that is verie good:

afterwarde take it out of the wine, and melte it againe: then poure it againe vpon the saied wine, doing so seuen tymes. And then take the saied ware, and melte it vpon the fire, mixyng with it a handefull of Bricke finely beaten into dust, incorporate all well together, and put it into a crooke necked Violl of glasse, which Distillers doe call a Bagpipe, claied aboute vp to the middest of the necke: and let it distill first with a little fire, by the space of eight houres: and afterward make your fire greater, and at the ende verie greate. But you must aboue all thinges close well the sides and ioyntes of the saied vessell, and of the recipient, which must be somewhat greate. After that the Furnace and all the other things bee colde againe, you shall take the water out of the recipient, and shall poure it into a Violl well stopped with ware and cyred clothe, so that in no case it may take vent: neither sette it in a place where anie heat of the Sunne or fire may come to it: for it is of so fine a substaunce, that it would flie and vanishe awaie immediatlie. The saied licour is maruellous good for all kinde of woundes, and ye must weate and moyst the wound with it, and binde vpon it a pece of linnen clothe steeped in the saied water. And amonge all the experiences that hath beene seene, this was experimented and proued vpon a seruaunte of a noble man called *Leonello Pio de Carpe*, resident in Venice. the yeare 1548. the which seruant hauing receiued a stroke with a dagger vpon the instep of the foote, which is a place verie daungerous, did nothing but laie thereto a little of the saied water, which a Gentleman of the saied *Senior Leonello* had in his house: And in the space of two daies he was so healed, that scant coulde a man perceiue the Cicatrice or Skarre where the cut was: It is also exceeding good for shronken Synewes. And if this foresaied water bee well and naturally made or distilled the second time, it is of so fine and pearcing substaunce, that if a man laie of it vpon the Palme of his hande, ye shall see it pearce thorough incontinent and in a moment, and leaue the place drie, as though it had neuer beene laied there:

Therefore they that haue any knowledge, may helpe diuers diseases, in adding to it some other licour or pouder, such as they would haue pearce into the flesh.

To make an oyle of S. Iohns wort, which is called in Venice and in diuers other places red oyle: and is of such vertue, that man can scantly expresse it, aswell to heale woundes as other infinite diseases, wherof we will shew the most notable, & those that haue beene found true by experience.

YOu must gather in the moneth of Maie and June, the hearbe called of the Greekes Hypericon, of the latines Perforata, of the Frenchemenne Millepertuis, and of vs heere in England Sainct Iohns worte, before it beginne to flourish or haue floures: and stampe it in a morter of Marble, or woode verie cleane, & put it so stamped into a viole or glasse: And then poure to it as much white Wine as will couer it al ouer, and adde to it of good oyle Oliue, about the height of two fingers, leauing it so in the saied glasse well stopped, and after that ye must gather the saied hearbe with his Blossomes vpon S. Iohns daie in the morning after the Sunne is risen, and putting the Blossomes aparte, ye must stampe well the hearbe with the stalkes, and after ye haue cut it verie small, take it out of the morter, and stampe in the same morter also a little the flowres or Blossomes, which you kept aparte, and mingle them with their Herbe, which was stamped before. But the Blossomes must weigh foure times or verie nigh as much, as all the hearbe that ye gathered in the month of Maie, and before Saint Iohns daie, and was put in the saied viol or glasse, with the wine and oyle Oliue. You must after this mingle all these thinges together, & put them in some viol or glasse, or else in some pan of earth verie clean with the saied wine and oyle Oliue, and put to it againe other wine and oyle vntill all bee couered, as before: and then set all this in the Sunne, in some vessell well stopped. And twelue or fiftene daies after, when the seede of Sainct Iohns worte shall be ripe, you must gather of it in the morning after

ter the Sunne is vp: and ſtampe it wel, and ſo mingle it with the ſaid hearbe and bloſſomes: but you muſt put no wine to it, ſauing onlie the oyle oliue. And the ſaid ſeede muſt in quantitie weigh as much as the fourth or third part of the ſaid hearbe before the wine be put to it: alſo the oyle muſt be of ſuch quantitie, as may bee aboue all the ſubſtances a good handfull or two. After this ſet a caudron of water on the fire, with hey and ſtraw in the bottome: and put the ſaid violl into it, ſo that it bee not in danger of breaking, when the water beginneth to ſeeth.

This manner of ſetting the viols or glaſſes in a caudron of boiling water, is called of our moderne philoſophers Balneum Mariæ, and it is dreſſed and trimmed in this ſort, aſwel for to diſtill with a limbecke, as for to make putrefaction, enaporation, or diſſolution: of the which thinges we will ſpeak afterward, when we come to the matter of diſtilling. Then muſt you make the water in the ſaid caudron to ſeeth with the ſubſtance that is in it, by the ſpace of three or foure howers, according to the quantitie of the ſaid ſubſtances, vntill the Wine, or at the leaſt the moſt parte of it bee drunke and conſumed, which you ſhall know in this maner.

Take a little of the ſubſtance on the ende of a ſticke, and caſt it into the fire, and if it burne without ante noiſe, it is a ſigne that there is no more wine left. The ſaide Violl muſt bee vncouered while the water boyleth, becauſe the Wine male enaporate and breathe out. And if the ſaid ſubſtance be ſo great in the violl, that it paſſe fiue or ſixe pounde, yee ſhall put to theſe thinges following, according to the weight and meaſure that we will ſhewe you, and kepe alwaies good proportion according to the quantitie of the weight of the water, which ſhall bee more or leſſe than fiue pound. Firſte, take quicke Brimſtone, or elſe when it is made in longe Canes or ſtickes, halfe a pound, common white ſalte eight vnces, ground wormes a diſhe full well waſhed, firſte in water, and then in Honie Roſet, or other Honie (ſo that it bee ſodden and ſkimmed) foure vnces: tenne vnces of turpentine waſhed

washed once or twice in well, river, or conduite water: larde of a Hog well stamped, halfe a pound: of the iuice of Taxus barbatus, of the iuice of white or blacke Dictamum, of each of them foure vnces, of Saffron three vnces, rootes of Dictamum, rootes of Gentian, the rootes of Imperatoria, the rootes of the hearbe called Crocodolium or Carlina, the rootes of Valerian, and the rootes of Solandine, of each of them two vnces. And if the said rootes be grene, you must stampe them well: if they bee drie you must beate them into pouder: an vnce of Pirrhe, two vnces of red ware, two vnces of fine triacle, an vnce of the seeds of Cedar tree, three vnces of Iniseed throughripe, foure vnces of the seede of a baie tree throwripe, fiue vnces of Aqua vitæ, an vnce of Sinamon, halfe an vnce of Lignum Aloe. Let all these be well stamped, and put into a viol or vinall with the said hearbe, blossoms and oyle: ye must stop well the said viol, that the substance haue no maner vent or enaporation. Then make a fire vnder the caudron, so that the water maie be hot without seething, and kepe it so the space of two or three daies: and the longer the better. If in case the fire goe out in the night, there is no great danger: yee may make it againe in the morning, but ye must kepe it so much longer. Hauing then taken the viol out of the caudron, and left it in the sunne all the rest of the summer, kepe it in your house well couered and the older such vile wareth, the better it will be. But it shall be good to put to it euerie yeare new iuice of the saide hearbe saint Johns wort, and of the blossoms and seed well stamped, and that the said blossomes, hearbe or seed, be sodden by the space of foure or fiue houres in oyle Oliue: and then must you poure all the oyle with the substance into some vessell: and presse well all the blossomes and the hearbe, and cast them away, and put in other: and if ye did so euerie yeare, the oyle would not be the worse but rather better. If all these forsaid thinges cannot be gotten in one season or time, it is no matter, for a man may put them in as he findeth them: and if ye cannot gett them all, ye may put in them that ye can finde or get.

The

The vertues of this excellent oyle are infinite, of the which we will speake onelie of the chiefest, and those that haue bin prooued by experience, as well of vs, as of other in our presence, and by our appoint ment and ordering. First it hath as much or more vertue than the true and right balme, and it is good for all cold griefes, as well within as without the bodie: for the Sciatica and colde gout, in heating it & rubbing the place with ill: for a quartane, tertian, or quotidian Ague, when a man annointeth the reines of the back an houre before the ague come. Also it healeth marueilous well Colicam passionem, when a man rubbeth or annointeth warmelie his breast or stomack withall, and when it is put in glisters with other substances: as we will declare in the chapter of Collicke passion. And if ye annoint the place about the Prinie members of a man or woman, it will make them to vrine or pisse well. If a woman haue her fruite dead in her womb, taking three or foure dragmes of the saide oyle, she shall bee deliuered incontinent. It is like wise good for all grief of the breast or stomacke. It is a thing aboue all other most excellent and miraculous for the plague, annointing the reines of the backe, and in drinking two dragmes, or twoe dragmes and a halfe in good white Wine: but note that it must bee dronke before the first houre after the sickneſſe is begun, and rub the place of the sickneſſe with it, it being heated. It healeth moreouer all manner vleers, sores, boiles, botches, and corrupt matter within the skin couered with a scab, as well olde as new, and also bruſings or knockes. And good for other infinite things, as euerie man may dailie prooue by experience. And speciallie it is verie good for the retraction or drawing againe of wounds or such like.

To make an oyle of a red Dog, by the meanes whereof (beſides other infinite vertues that it hath) I haue healed a Frier of S. Onofres, who had by the space of twelue yeares a lame and drie withered arme like a sticke, so that nature gaue it no more nouriſhment.

Take

TAke a yong dog of red haire, and keepe him three daies without meat: and then strangle him with a corde, and let him lie dead a quarter of an houre, and in the meane time boile a kettle of oyle vppon the fire, and putte the dog in whole or in peces, it maketh no matter howe, so that hee be all there with the skinne and haire: and make him seeth so vntill he be almost sodden to peces, keping alwaies the kettle close couered. In the meane time take Scorpions to the number of foure score or a hundred, and put them in a basen on the fire, vntill they be thoroughly burned. Then put them in the said kettle with the oyle and the dog, putting to it a good dishefull of great grounde wormes well washed, a good handfull of saint Jhons worte, a handfull of wilde or marshe Mallowes, and a handfull of Mallwort, with an vnce of Saffron. Seeth all these thinges well together, vntill the flesh of the dog be broken and fallen in peeces. And because ye must haue much oyle, ye may at the first putte into the kettle two partes of water, and one part of oyle: and in seething ye maie powre in water vntill the dogge be altogether broken, as is alreadie said: then let it waxe colde. After this ye shall take the bones of him and the hearbs, and when ye haue prested and squeezed them well, that al the substance remaine in the said oyle, cast them awaie. This done, you shall take onelie that which is aboue vppon the water, that is to saie, the oyle and the grease, and cast awaie the water if there be much: but if there be but a litle, so that you can scant discerne the oyle from the water, ye shall take altogether, for a little water cannot be but good. Then straine it through a strainer or cannas, first weat or steped in white wine: and take then Vnguentum Agrippe seauen or eight vnces, of the marrow of the gambon and bones of a hog a pound, of the marrow of the hinder thighes of an Asse a pound, or as much as you maie get. Put al these thinges together with the said oyle and grease, and make it seeth vpon the fire, then adde to it a dishefull or an halfe of oyle Roset, and when it seetheth, you shall putte to it three vnces of Pastiche, two vnces of

Gumme

Gumme Elemi, eight vnces of red ware. But the Mastick and the Gumme must be well beaten into pouder and sifted. And when all this hath boyled by the space of halfe an houre, let it coole againe, and set it in the Sunne in some kinde of vessell well couered by the space of certaine daies. Then shal you haue an excellent substance and matter for all kinds of colde infirmities, and for manie other. And as I haue alreadie said, I haue seene the experience of it in a Frier of *Saint Onofrey*, that is to say, of them that weare an habit of roane colour: but (as he saied) he dwelt not in the monasterie, because of the said infirmitie of his lefte arme, which was as drie as the branche of a withered tree. Moreouer, he said vnto me, that he did not remember, nor could tell whether that chanced to him either by sicknesse, or by some wound or hurte. The said arme was become smaller than the other almost by halfe, so that the said arme had almost no strength at all, and could not helpe it selfe in anie wise. I caused him then to be annointed with the said Dyle (which I had set in the Sunne, the Summer of the yeare a thousand fiue hundreth fortie seauen) by the space of two *Miserere*s, and made him tarry in the Sunne vntill the said oyle was dried vp, and had pearced thorow the said arme: and within fiue and fortie daies men did perceiue it perfectly, that the veines gaue nourishment vnto the member. Nine days after the arme was as full of flesh as the other, and with the helpe of God was as whole and sound, as though it had neuer beene hurt. This said Ointment or Dyle is a precious thing, and good for all colde infirmities, and for the Goute: and especially for all contractions or shrinkings together of sinewes or members and woundes, albeit the man were wounded in the middes of the bodie, in putting to it this Dyle, shall a miraculous thing bee seene: and it is also good for the sinewes. As I came from Jerusalem, in the yeare 1518. in a ship, of the which the maister was called *Peter de Chioggia*, wee were set vpon by fiue foystes of pirates, on this side *Corphu*, and one of the Mariners was attainted with the stroke a Gunne, that he

he had his arme bruſed and broken, and with the ſame blow he another hurte in the breſt. The Phiſition would haue cut off the arme. But among other thinges that I caried about with me, I found a boxe of the ſaid Ointment, wherewith I annointed his arme, and in the ſpace of fiue or ſeuen daies he was healed miraculouſly. I haue made manie experiences, as well vpon my ſelf as vpon others: and hauing giuen of it vnto diuers men to ayde themſelues withall, they haue told me that they haue found in it a meruailous vertue and operation. If you doe make this Oyle in the time when the herb Saint Johns worte is found, you ſhall put in the Herbe, the Floures, and the Seede: but if it be in the time when it cannot bee found, after ye haue made the firſt decoction of the dogge, as we haue ſaid, ye ſhall boyle the oyle and the greaſe ouer againe, putting to it the oyle of S. Johns worte, whereof we haue ſpoken before, or as ye may get it, that is to ſaie, halfe as much as all the oile and greaſe is. And if ye can not finde Bismalue or wilde mallowes, you may put in ſteede of it the ointment called Diaſtes, which is found commonly at the apoticaries. And when ye will boile the Dog in the kettle, it ſhall be good to put to it three Toyſes that liue on the land and not on the water, and ſo ſhall the ſaid ointment be very excellent for the Goute. A certaine man of mine acquaintance, of the age of thirtie yeares, vered with the Goute, whome I made take of this oyle, and anoint himſelf a little in the place of the griefe, and about it, putting to it 2. partes of oyle roſet, and 1. parte of oyle violet, and 2. partes of the ſaid oyle of the dog, told me that he had found marueilous eaſe and helpe by it. And the ſaid griefe returned againe 4. ſundrie times: yet annointing himſelfe therewith three times (as is afore ſaid) the paine came to him no more in the ſpace of three yeares that we were in *Rome* together, which was the yere 1514. And this man was called *Diago*, a Portingall, and dwelt at the mount Iordan. Sith that time being gone to *Venice*, and from thence to *Leuant*, I haue heard nothing of him.

To

To make an ointment, the most excellent in the worlde, whose vertues are infinite, as wee will declare afterwarde. Which Princes ought to command to be made and kept in their cõmon wealthes: and that it should bee made in the presence of Phisitians, as Triacle is made: or at the least euerie man ought to haue it in his house, and specially because a man may make a great quantitie of it: and the longer it is kept, the better it waxeth.

TAke first oyle Roset, the oyle of violettes, the oyle of Nenuphar, oyle of Spike, oyle of the hearbe called Costum, commonlie called Cocus, or Herba Mariæ, the oyle of Bate, oyle of Nutmegges, the oyle of the blossomes of Iasemin, of each of them a pound. The oyle of Nutmegs and of Synamon, is made in seething Nutmegges or Synamon well stamped in oyle Olive. And in the like maner ye may make the oyle or decoction of Xilobalsamum, of Carpobalsamum, of Lignum Aloe, of Myrrhe, of Frankencense, of the gumme of Iuie, of Mastick, and of Cloues, and it shall suffise onelie to put in the oyle of these saide spices, halfe as muche as each of the other mounteth vnto, that is to saie, halfe a pounde. Likewise must ye make oyle of Campher, but onlie warm the oyle Olive in a little pan, and poure it so vpon the Campher a good way off from the fire: then must you suddenly couer it: for the Campher is so fine and delicate, that it would be incontinent breath out and vanish awaie: and therfore doth the Campher cleaue vnto the lidde and sides of the pan, because it cannot get out. You must put onlie halfe an vnce of Campher for euerie two or three pound of the whole quantitie of the other oyles together: then adde to it a pound of the oyle of Turpentine, made by distillation, and three vnces of the oyle of Storax liquida: and after this put all these oyles so mingled together, into a great caudron or kettle tinned within, which must be high and narrowe, to the ende that all the things that ye will put in, may afterward be well couered with the said oyles: and the saide caudron ought to haue

a couer that may close him well and iustly, then set it vpon a small fire, and put in thre of these blacke Vipers and venomous, thre Serpents, thre Snakes, thre litle Serpēts, called Aspides, thre Vipers, thre Toades, ten of these litle beasts, called in Latine Tarantula or Stelliones, which be like vnto Lisards, hauing spots on their backes like starres, and fifty Scorpiōs. And if ye can get any other venomous beasts, put them in quicke, if not at the first time, at the least at euery time when ye can haue them: and after you haue well couered & closed the caudron, giue it but a light fire the space of fiue or sixe dayes. It shall bee good to set the said Caudron in manner of a furnace, as it were to make Salt peter, or as Pope Caudrons be set: then after by the space of a day, make the fire a little greater, vntill all the venomous beasts be broken into peces and almost consumed in the said oile, wherevnto it should bee good to haue put first a pot of good white wine. Then hauing taken the Caudron from the fire, & taken all the said beastes, presse them or wring them hard in some canuasse or linnen cloth, wet with white Wine. Then take the oyle of S. Johns worte, compound, as we haue before declared, halfe as much as all the oile of the said beasts, and the third part of the oile of the redde Dogge, mingle all well together, and put to it the blossomes of Selandine, the blossomes of S. Johns worte, such a quantitie as you will, putting also to it a handfull of white salt, the iuice of Taxus Barbatus, & of white Dictamum, at your discretion, the iuice of Crispina Rubra, if ye can get it. This Crispina Rubra is an hearbe like vnto a Thistle, and is taken of Ioannes Agricola to be the brier called Respis: but it hath leaues lesser, & tenderer than a Thistle, and is eaten almost in euery place in Italie in Sallades. And there it is called in some places Cordonello; and in Venice, Sigone. The redde Crispine is in all points like vnto the white and greene, and differeth in nothing but in colour: it is a verie precious Hearbe. I saw once a man, that cleft a young Kids head almost asunder, and after laid to it onely the iuice of the said red Crispine,

and ioined the head together, and bound it with a band, and in two daies the Kid was healed as sound as he was before. Also it is very good in the time of a Plague or Pestilence, as we will afterward declare. When if you can get of the iuice of the said Crispina, or Cordonello, ye shall put a pound of it with the said Oile, and as much of the iuice of Carduus Benedictus, a pound of the flowers or blossomes of the said Carduus Benedictus, an vnce of Lignum Aloe, in pouder. and an vnce of Saffron. Set all these things well mixed together, in the Sunne, all the whole Sommer time, in diuers vessels of glasse, or of earth leaded within, well couered with Paper, or linnen cloth, and kepe it as a precious thing, whose vertues to expresse it is impossible. The said Oile is excellent good, principally for al maner of contractions, and shrinking of the members of a mans body, and of wounds, as well old as fresh: against Fistules, Cankers, and the disease called in Latine Struma, which is a swelling in the throat of gathered matter and bloud, which we call in English the Kings euill, or the Quinseis: when the place of the sore is rubbed with it, or when towe wet in the said Oile is laid vnto, and beginning in the first quarter of the wane, or decreasing of the Moone, (with the grace of God) the said accidents shall be healed before the new Moone. Also the said Oile is good against all maner of venome or poison, being anointed about the heart, if the poison be taken at the mouth: and if a man be bitten with any venomous beast, or hurt with any intoxicated weapon, ye must wring well the bloud out of the wound, and then rub the place, and round about it, with the said Oile. It is also good for any member that is stiffe and numme, & almost for all diseases that can chance vnto mans body, whereunto any outward application is made of it.

A very true and prooued remedie, against a Quartaine Ague.

YE must first of all couer the patient wel in his bed, about halfe an houre before his fit come, and set some coales or embers

embers beſide his bed: then let him take or drinke a Glaſſe-full of Muſcadell, or Vinum Græcum, or Malmeſie, with as much pouder of Aſſarabac, as will lie vpon two crownes of Gold, or a little more: and the wine muſt be hot or lukewarme, and the Patient well couered in his bed for to make him ſweat: and the more hée ſhall be mooued to vomit, the better it is, for it is a ſigne of good operation. Alſo the ſaid Patient muſt endure the ſweat as much as he may, and wipe himſelfe with ſome linnen cloth, and after his fit is paſt, he may kéepe his bed, or riſe if he will. Then you muſt take Sage, Rue, and the hearbe called in Latine Burſa Paſtoris, as much of the one as the other, and ſtampe them well together, and water them with white vineger very ſtrong: and ſo binde it to his pulſe, or wriſt of his arme, beneath the ioint of the hand, leauing it ſo by the ſpace of a day, and the morow after take it away. When the fit commeth againe, ye ſhall take likewiſe of the ſaid gréene hearbes, arouſed with vinger, as before, and binde them to his arme, and take againe of the pouder of Aſſarabac, kéeping the patient in his bed, as wée haue ſaid, vntill he ſweat luſtily: and thus muſt he doo three times, and with the helpe of God, he ſhall be thorowly healed. There be many that haue béene healed at the ſecond time, and other ſome at the firſt. This way is the eaſieſt to do in the world, for ſuch a ſickneſſe, and is no leſſe good for a tertian. Some haue not taken the pouder in at the mouth, but haue vſed onely the remedie vpon the arme, without kéeping their bed: and walking vp and downe, haue found themſelues healed. Other haue béene healed, by taking onely the pouder with the wine, not vſing the ſaid hearbes at all.

To heale Warts, a ſecret very excellent and eaſie to be done, proued and experimented vpon diuers perſons.

TAke a crowne of Gold, a Gold ring without a ſtone, or elſe ſome other péece of Gold, and heat it glowing

hot in the fire, then seare the Warts with it. And if you haue no gold, doo it with some peece of hot Iron, or cole of fire, and leaue it so a little while, washing them after with strong lee. Doe this three times in one day, or in manie. Then take a Radish (such as men eat raw) somewhat great, and make a hole in it, as great as you may, the which yee shall fill with common salt well beaten into powder: and so close vp the hole with the peece that ye toke off, and put the Radish so in a dish the space of a night. In the morning ye shall find that the water of the Radish shal be about in the dish, wherewith you shall wash oftentimes in a day the said Wartes, putting vpon them some Cotton or Wool, or some linnen Cloth, weat with the said water: then shall you see, that within two dayes the Wartes shall fall off, or at the least bee easie to bee plucked off. This done annoint the place with an ointment called Vnguentum aureum, or wash them with the same water. If ye haue no great Radish, ye may make the said water of little Radishes cut in small peeces, laid in order or rankes in a dish, a ranke of Salt, and another of Radishes, and you shall find the foresaid water. This water is also maruellous good for deafenesse, as wee will tell you afterward more at large.

A verie profitable and easie remedie to bee made against Pleurisies, which in two dayes healed a Smith, that was almost dead and had not slept in two nights.

Take an apple which is called in Italian Melo appio, in Latine Malum Appianum, and is yellow, and smelleth verie well: if you cannot get such a one, take Pomerials, or else some other Apple like vnto it, of the delicatest that men commonly eate: make in it a hole, taking away some part of it within, so that the hole passe not thorow. Put into the hole three or foure Graines of Frankencense of the male kind, otherwise called Olibanum: then couer againe the said hole with the little peece that you tooke off first, and rost it so vpon the Embers, so that it burne not, but that it

may

may wax fewer. Then take it from the fire, and breake it into foure parts, with all the Frankincense in it, and so give it the Patient to eat: it will by and by make the Apostume to breake and heale him cleane. The Patient had already shut his teeth, so that men were faine to open them with a spoone or knife: and so they put of it into his mouth, as wel as they could, and straight way he turned with his breast, upon the beds side, and spit out a great part of the matter, that was come forth of the Apostume broken: and thereupon slept more than nine houres: and when he waked, he called for meate, and found himselfe throughly whole, which was a thing for the to give God thankes for.

Another secret or remedie, against the said disease of the Pleuresie.

TAke the flower that sticketh on the hoodes and wals of the Mill, and make therof palle with water: and so make little cakes of the bignesse of a grote, or somewhat more: and having baked or fried them in an Iron Ladle, or in a fryingpan, with the oyle of Scorpions, lay one of them upon the place where the patient feeleth his griefe, and that as hot as he may indure, rubbing and anointing it with the said Oyle of Scorpions: and when one of the cakes is almost cold, lay to an other very hot, and heat the first again in the said Oyle, and so consequently take away one, and put to another ten or fifteene times, and shortly after the Apostume shal breake, and in spitting the matter out, the Patient (with Gods aid) shall be healed.

Another good secret against the same disease.

OPen a white loafe new baked, in the middle, and spread it well with good Triacle, on both the halues, on the Crummie side, and heat it at the fire: then lay one of the halues upon the place of the disease, and the other halfe on the other side of his bodie directly, and so bind them that they stirre not, leauing them so a day and a night, or until the Apostume breake: which I have sometime seene done in two

houres or lesse. And then take away the bread, and immediatly the patient will begin to spit, and void the putrefaction of the impostume, & after he hath slept a little, yee shal giue him some meat, and with the helpe of God he shal be shortly healed.

Another remedie against the same disease.

TAke the tooth of a wild Boze: and if the paine hold him in the right side, ye must take the tooth of the right iaw: if otherwise, ye must take the left tooth: yet notwithstanding it hath bin found by experience, to be all one of which iaw so euer it were. Scrape the said tooth with a knife vpon a clean table, or vpon a paper: then take of the same scrapings, as much as you may lay vpon two groates, & giue the patient to drinke of it, with a little Barly water, or pectoral water, or in the broath of red chiche peason, or with white wine with a little water. This hath alwayes been found by experience very good and true.

To make a water good for the breast or stomack: of the which men vse to giue them drinke that be tormented or grieued with the stich in the side, or pleuretike apostumes: the which water is of a very good sauour, and mundifieth maruellous well the breast and stomack.

YOu shal take the rootes of the hearbe which the Apothecaries call Bismalua, or Maluauiscus, in English wilde or marsh Mallow, and scrape from them cleane their skinne or barke, and take away the hard substance that is within them: then cut them in small peeces, and after you haue stamped them well, take halfe a pound of them, and seeth it in a great pan with these thinges following: Vnsalted butter, or raw Vnsalted, halfe a pound, Barly husked or excoriated a pound & a halfe, of the fruit called of the Apothecaries Iuiuba foure vnces, drie figges three vnces, pressed raisins, or other raisins, which must haue their little kernels within taken

ken away, three vnces, of the hearb Scabiose with the rootes well mundified two pound, three apples called Appiana mala which is a kind of apples as great as quinces, hauing as great a sauour as they, and of colour red, or Pepons, or some such sweet & delicate apples that may vse to eat, cut in small peces, of Frankencense the male kind, called Olibanum, an vnce, and if you may haue Cardvus benedictus drie or greene, ye shall put in a little handfull. Then seeth all this, vntil it be broken in peces: and hauing so sodden it, poure out the iuice of it, and presse or wring the hearbs, and the barly a little, and giue the patient drinke thereof, alwei at his meales as otherwise, and at night before he go to bed: the more he drinketh of it the better he shall be, so that he drinke by little and litle, because it may not descend with to much violence. A man may vse this water, whether hee vse the said remedie or not: for of it selfe it clenseth the breast, and stomach, ripeth and causeth the apostume to breake: also a man must vse it a day or two, after the apostume be broken and voided, to the end to mundifie and cleanse the breast and stomach the better. The said water is also maruellous good for all manner of coughes, and all other paines in the breast & stomach. This water was giuen me at Bolonia, the yeare 1543. of a Gentleman called Girolamo Rustici, with the which the same yeare he was healed of the same disease in a short space without letting blond, or vsing any other medicine but only this water.

Against all diseases of the mouth, palate, throte, and gummes, or iawes.

TAke Olive leaues, and stamp them with plantaine water, presse them and wring out as much iuice of them as you can possible. The which iuice onely I sometime vsed my selfe, and also gaue thereof vnto others, against all diseases of the mouth, and haue found it alwaies to be of a maruellous vertue. But if the griefe or dolour of the palate or mouth were so great, that there were anie corrupt flesh that augmented

mented and increased, and euer alwayes more and more then I gaue them halfe a glasseful of the said iuice of Oliue leaues, halfe a glasseful of Rose water, or some what lesse, an vnce of Vnne rosat, of the iuice of Cassia the quantitie of a beane, Alum of the rocke burned two dragmes, the Lees of Wine the eight part of an vnce, fine or course sager halfe an vnce, plantaine water an vnce, of the decoction of Bistorta, or Maluauiscus, a glasseful. All the which thinges I let softly faire and softly by the space of two Paternosters: then I let cole, gaue, and caused the patient to gargle and wash his throte seuentimes in a day. It is a thing that pain not his liue: but sometimes, when the disease was extreme, I caused to be put to it a quarter of an vnce of Spanish greene. The said water is also marueilous good to heale all euill cankerous accidents, about the priuie members.

For all wounds and sores of the legges be they recent or old, although the legges were couered ouer with them, and eaten vnto the bone.

TAke Agrimonie and boile it in white wine, and after hauing stamped it, couer it a mouth with the iuice of plantaine two stamped, like vnto a new bole to spread all this seuerally together by the space of two Miserere, and then wash the leg well that is to say the wound, and round about the wound with the said wine luke warme. Then take these powders following, that is to say, of Lodanum both of long and round Mastick, Mirrhe, Dragons blood called in English Pellitorie of Spain, Aloe Epaticum, Mil caled in Latine Tutia, the bark of rinde of granado burned of each of the an vnce, Gummina or as some call it Humin, and of Armoniack of each of them a quarter of an vnce well stamped & strained lay abon the said grieue. Then take the herbes boiled in Wine, as is afore said, and bind them vpon the wound with a band, in changing it twise a day, or at the least once, and you shall see the leg healed in few dayes.

To

To make twelue knots or legges, red and full of humors, a Secret marueilous good, easie to be made, and of little charges and oftentimes proued.

YE shall take the skinne of a Dogge, if you may get it: or if not, take a white Lambes skin, or else the skin of a Kid, and cut a pece as broad as the palme of your hand, or more, and another pece of the length of your hand, or somewhat more: then melt in a pan on the fire these things following: Rosen of a pine tree two pound, Galbanum fiue vnces, mastike an vnce, Opium, Amber, Oliuer, of each of them fiue carets, or as much as you will, and breake the Mastike betweene two papers: then put the Rosen and the Galbanum to melt in a pan with a small fire, and when it is wel melted, ye shall put the Mastike to it, and stir them wel with a little sticke, to the intent that nothing burne. After this lay it on broad platte as it is, vpon the said skin, halfe a finger thicke. Then take twelue or fiftene of these little Beastes called Monkes peason or lowes (whereof is found a great quantitie vnder stones in moist places) and stampe them in a mortar with a little Barrowes greace: make thereof an vnction or ointment to lay vpon the said plaister of the skin, heating the said skinne at the fire, and lay it vnder the knee, or vnder the calfe of the legge hard bound, and leaue it so fiue or three daies: but if the legge be hairie, ye must shaue the haire away with a Rasour, for the plaister would els cleaue vnto it: when you take it off againe, if you find that it hath made little bladders, pierce them and wipe them cleane. This done, wash them with the Wine, wherein the decoction of the Agrimonie, the Oliue leaues, the Roses and Plantaine was made: and so wipe and drie them againe. Make cleane also the said plaister, remouing and stirring a little the ointment: and after hauing heated it againe by the fire, lay it againe vpon the leg. Doe thus euer the third or fourth day, and you shall see that the plaister shall haue drawne vnto it selfe in a small time a great quantitie of the leg, that haue taken awaie

away the rednesse, inflamation and swelling. And if there be a wound, you shall heale it as we haue aboue said.

A verie sure and perfect remedie against a Sciatica, oftentimes proued and experimented in diuers parts of the World.

FIrst make this confection that followeth. Take 3. pound of raw honie, and put in a panne with two glasses full of water, and make it seeth or boile together, vntill you see the scumme or froth mount vp, the which you must take awaie. Then take the rootes of the hearbe called in Latine Acorus, and in English Calingale, of the hearbe called yellow Gladen, make them cleane, cut them in small peeces and stamp them well. Take of these hearbs one pound for the said three pounds of honie, and put them by little and little into the said pan, alwaies stirring them a little, letting them so boile by the space of a good houre. Then put vnto it also an vnce of Sinamon beel beaten into pouder: take it so from the fire, & kepe it in the same pan, or in some other vessell. Giue vnto the patient of this confeure at night when hee goeth to bed about foure or fiue spoonfuls, and in the morning early as much more. Giue him also thereof before his meales and after: the oftner hee eateth of it the better hee shall bee. If it be in winter, heat it for him a little: And while hee thus eateth it, let him alwayes sit vpon his buttocks, that is to say, vpon the bone or huckle where the Sciatica is, with the plaister declared in the chapter before, that is to say of the rosen, Galbanum, Mastick, the little beastes called Monkes peason or lowes, with the rest there mentioned. Then at the end of ten dayes take it off, and lay it other tenne dayes vpon his thigh. And from thence take it againe making it cleane, mixing and stirring it aye with and laie it vnder the calfe of the leg ten daies more: and euerie time you shall see that it will haue engendred little puffes or bladders, and drawne to it selfe all the aquositie and moistnesse, in such sort that it will take away the griefe and heale it. This is a verie rare secret a-

gainst

grinke such a disease, which very few Physitians could hitherto find certaine remedie for. If in case the disease be old or hath run long, giue the patient sometime this glister following: Take Mallowes, Percarie, Fengil greene or drie, Wormewood, Rue, wild Cucumbers broken, asmuch of the one as of the other: then put to it two handfuls of bran, seeth all in common water, vntill the third part be diminished: and soiet it cole againe. After this take a dish & a halfe full of this decoction, three spoonefull of scummed Hony, Oyle of Camomil, and Oyle of Rue, of each of them an vnce and a halfe: mingle all well together, and make thereof a glister, which you shall minister vnto the Patient in the morning: and so make him lie vpon that syde where the Sciatica is. Two dayes after ye shall giue him another glister: after three daies be past, another: and then foure dayes after, yet another, continuing in like manner a moneth together. If the griefe be so inueterate and hardned that it will not bee healed by the aforesaid remedies, you may giue him Pilles the third day after, the fourth day, the fift day, and so vnto five or seuen times. But the Pilles will profit the Patient little or nothing at all, vnlesse he abstaine from eating of salt or sharpe meates, and from all sortes of Pulse Corne, as Peale, Beanes, Tares, and Fitches, and such other: likewise from drinking water or white wine. Many haue beene cured & healed onely with the said plaister, not leauing to doe their busines abroad notwithstanding: others haue also vsed the conserue. But in so many yeares I haue had but two, vpon whom (to take away the disease being olde and farre gone) I was constrained to vse the said Pilles and Glisters, whereby they were healed. I had also one which did vse onely the plaister and the conserue, of whom the huckle bone was out of ioynt and hardned, and with the said remedie he was verie perfectly healed in the space of threescore and tenne dayes, and the said bone returned and came backe againe into his former place and state: but he tolde mee that whiles hee vsed the said Plaister and conserue, a Nonne

counselled

counselled him to take from day to day, foure times the bignesse of a nut of Turpentine, washed in Burrage water, & that he should not tell me of it, wherby hee found himselfe healed in short time.

A water for to heale in fiue dayes all the most al manner of great scabs, as well inward as outward: and is a water cleare and white, and is of an odoriferous sauour, such as a man may present to a Queene.

TAke plantine water two glasses full, Rose water a glasse full, of the water of the flowers of Citrons or Orenges halfe a glasse full, or lesse: put all these together in a cleane pan or violl of glasse: and put to it an vnce of Sublime, that is to say, quick siluer, such as commonly is found at the Apothecaries: it must be well beaten to powder. Then let it boile fast and softly the space of a quarter of an houre: and hauing taken it from the fire let it coole, then put it in some viall: wash the scabbie place with all at night and then let them drie againe of themselues, & let them alone til the next day without washing them, and then wash them againe the third day, but not the fourth. At the first & second time that you wash them, it will make all the scabs within the bodie to breake out: and at the third time ye shall so drie it vp, that ye shal find all neat and cleane both without and within. There is no remedie in the world more notable then this, nor easier to be made: and for taking all manner of stinking ointments, bathes or thinges that moue take at the mouth. This water maketh a mans flesh white. And seeing, it draweth out so all the euill salt and corrupt humors, as well within as without the bodie, it is an easie thing to beleeue that it is very good for the Pocks, the Gaut, and many other infirmities, according to the iudgement of him that will put it in effect, and namely, because that the said sublimate is verie good to eat away all the corrupt and dead flesh, & to heale all wounds thought incureable, as we will shew you hereafter.

Against

Against the disease or griefe of the flankes and the Collick passion, experimented and proued diuers waies.

BEcause it seemeth alwayes, that with the pain of the side is commonly ioyned the griefe of the reines, or the stone, it shalbe good to vse these two remedies preseruatiues, very easie to be made of euery man, of what condition or estate he be. The first is, to haue alwayes in his house kernels of Peaches, and eat of them euery day fiue or sixe before dinner and supper, with salt and bread: the which beside that they preserue a man from the paine of the side, they keepe him also from being drunke, and that the wine hurt not his braine or head: they cause to haue a good appetite, they comfort the stomack, and the brest, and driue out of the bodie likewise all manner of Wormes. The other preseruatiue is, to eat often in salads Mugwort, or Motherwort, or else in your pottage. Panie in Italie, in stead of Mugwort, take the hearb called of the Apotheraries Matricaria, in English sort Maigram, or Maioram gentle, the which is of a sauour very bitter: but it is not the same that I meane. But the Mugwort, or Motherwort that I spake of, is an hearb that hath leaues like vnto Percely, but much longer, and hath a stalke in the midst that is hard, and is of the colour of a darke greene aboue, white vnderneath. And in many places men call it hearbe S. John, that men and women weare about them on Midsomer euen. This hearb hath no sauour at all, neither sweet nor bitter, so that in chewing it it is neither found sweet, nor bitter, hauing somewhat the sauour of Mallowes, and therefore it is good to bee eaten in Salads, in pottage, or otherwise. If you cannot get him alwayes greene, you may keep him dry, or in pouder, or distilled: and the more you vse of it, the better it is. Beside that it preserueth one from the paine of ỹ side, of the reines, and from the stone: it is also good against all diseases of the bodie. Now when any man shall feele himselfe sicke of the said paine of the side, it shall

bee

be good to vse glisters and principally of this following.

Take the dung of a blacke Asse, if you can get it, if not, let it be of a white Asse: and the dung must be fresh and new, the which you shall seeth or boile in white Wine, putting to it a handfull of Annis, a little oyle of Camomil, a little Oyle of Capers, with a handful of Bran: let all boile together, by the space of one Miserere, or a little longer: Then take it from the fire and presse the substance out, which shall remaine in the Wine, whereof you shal make a glister for the sick man, as hot as he may endure it, and let him kepe it in his bodie as long as he may, and he shal find it very excellent.

Another remedie against the same disease.

TAke halfe a glasse or lesse, of the iuice of Barberies, when they be verie redde and ripe, and put into asmuch red Coral, wel beaten in pouder, as will lie vpon two grotes, and giue the patient to drinke thereof.

Another perfect remedie against the same disease, and to make a man pisse that hath beene three or foure dayes without making water, and that in the space of halfe an houre, and will breake the stone within ten or twelue dayes.

TAke fine pouder of Virga aurea, and put a spoonful of it into a new laid Egge soft rost, and giue the patient drink thereof in the morning at his breakfast, and let him not eat at the least in foure houres after, and then shall he make water in lesse then halfe an houre. If ye vse this continually the space of ten or twelue dayes as is afore said, ye shal make him pisse out the stone, without any paine or griefe.

Another remedie against the stone, and paine of the reines.

TAke the seeds of Blew Violets, or March Violets, the seeds of common Burres with their litle poddes and all, or ripe Burres a pound, put them to drie in an Ouen (for other-

otherwiſe it will bee a hard thing to ſtamp them) ſtamping them afterward with their ſeeds. This done, take a quicke hare, and ſtrangle him with a cord, to the intent that there be none of the bloud loſt: put him ſo whole or in peces into ſome veſſell, fæt, guts, head and all: then put him to burne in an Oven, ſo that all, as well the bones and the ſkin as the fleſh, bee brought to pouder: this done, yee ſhall ſtampe it well, and mingle the pouder with the two other pouders aforeſaid, viz. Oken leaues well beaten to pouder foure vnces, dry Saxifrage or Sampire halfe a pound, Baiberries fiue vnces, Let all theſe things bee well beaten in pouder, ſifted and mixt together. Giue of this pouder to the patient, as much as will lie vpon a grote, making him to drink it in the morning to his breakfaſt, in white wine: and let him doe this oftentimes. It is the moſt exquiſite thing in the world, as well for the grauell, as for the ſtone: but for the grauell you muſt take leſſe, and not ſo oft as for the ſtone. The laſt and moſt excellent remedie of all, againſt the ſtone, be it in the reines, or in the bladder, of what qualitie and quantitie ſoeuer it be.

IN the moneth of May, when Oxen goe to graſſe, or be at paſture, ye ſhall take of their dung, not too freſh, nor too drie: then diſtill it faire and ſoftly (to the end it ſmell not of the ſmoke) into ſome veſſell or glaſſe, or earthheaded within: of the which dung will come a water, without ſauour or euil ſtench, which will be verie excellent good to take off all maner of ſpots or blemiſhes in the face, if you waſh it with it morning & euening. You ſhal kéep the ſaid water in a Viol well ſtopped: then take three or foure Radiſhes, ſuch as men eat in Salads, cut them ſmall and put them in a Viol, and fil vp the Viol with wine Greek or good Palmeſie, or other good white wine, letting it ſtand ſo in the Sun, or in the Aire a day and a night. Then take one part of that wine, ij. parts of the ſaid water of Oxe dung, halfe a part of the Water of Strawberries, two or three drops of the iuice of Lemons or

Citrons

Citrons: and let there be of all these waters so proportioned together half a glasseful, or somewhat more, into ỹ which you shall put a piece of Suger, or a little honie rosat: for the one & the other serue as well to the sauour as to the profit of the substance. After this, you shall put to it some of the pouder mentioned in the chapter before, as much as will lie vpon a Groat, and then giue the patient drinke of it, and shortly after you shall see a wonderful effect. For many vnto whom I haue giuen of it, haue not taried halfe an houre but they haue pissed: in which pisse they haue found so many little stones, that altogether came to the bignesse of a walnut, and of others vnto the quantitie of a hasel-nut. In vsing often the said remedy, they haue finally bin perfectly healed. I caused once a Gentleman of Millan to take of it by the space of twelue dayes, whom the Phisitions esteemed as dead, and would haue cut him: but in the space of the said twelue dayes I made come out of him so many stones, that altogether came to the quantitie of an Egge. I made him make his water through a linnen cloth, laid ouer an vrinal, to the intent to take vp the stones together: and the third morning hee would take the glasse a little more then halfe full: and shortly after, being about to make water, he began to crie out for ỹ great paine he felt in his yard: after this paine was past, looking in the Linnen cloth, he found a stone as long and as bigge as a Beane, somewhat pointed at one of the sides, which peraduenture, in passing through his yard, caused him to haue all that paine. Now although that many, as wel of old time, as now of late dayes, haue written diuerse and sundry remedies against the said disease: yet was there neuer found a surer, truer, or presenter remedie then this. The said water and the pouder may bee kept long: but you must at euery time renew the wine of the said Radish, and the iuice of Lemon or Citron: for in the space of two dayes (the Wine chiefly) gineth such a sent, that a man may scant endure it.

For

For him that ſpitteth bloud, by having ſome veine of his breaſt broken.

TAke miſedung beaten into pouder, as much as will lie vppon a groate, and put it into halfe a glaſſe full of the iuice of plantaine, with a little ſuger, and ſo giue the patient drinke thereof in the morning before his breakfaſt, and at night before he goe to bed. Continuing this ſame, you ſhall make him whole & ſound.

Againſt the greefe in the Lunges, and ſpitting of bloud, a thing experimented.

TAke an herbe called Farfara, or Tuſſulago, of the Apothecaries Vngula caballina, colts foot in Engliſh, the frenchmen call it Pat de lion, incorporate it well with the larde of hog chopped, and a new laied egge: boile altogether in a pan & giue the patient of it to eate: doe this nine mornings, and you ſhall ſée a marueilous thing. This alſo is verie good to make a man fat.

Againſt the Paine of the flankes, of the reines, and other grieſes.

TAke three quarters of an vnce of Storax liquida, capons greaſe, or hens greaſe, the greaſe of a Goose, the greaſe of a Duck, of each of them fiue dragmes, of oyle roſet ſower dragmes, of red ware two dragmes & a halfe, of butter halfe a dragme: melt the greaſes, the oyle, and the butter altogether, poure them together and mingle them. Then hauing put to it the Storax, ſpread it vpon a linnen cloth, and ſo late it hot vpon the place of the gréefe, and you ſhall incontinent ſée him whole.

Againſt the ſtinking of the breath.

TAke Roſemaris leaues with the bloſſomes, if you can get them, and ſeeth them in white wine, with a little Mirre, Sinamon, and Bengewine: And taking of the ſaid wine oftentimes in your mouthe, you ſhall finde a marueilous effect

Against the biting of a mad Dogge, and the rage or madnesse that followeth the man after he is bitten.

TAke the blossoms or flowers of wilde Thistles, dried in the shadow, & beaten into pouder, giue him drinke of the same powder in white wine, halfe a walnutshelfull: & in thrice taking it, he shall be healed: a thing found true by experience.

To take away the dead flesh, that commeth or groweth in the nose.

TAke the iuice of Lékes that haue bén twise planted, and adde to it a little grécne wax, and make an ointment therof, putting to it a little of the fine pouder of the lées of wine, & put oftentimes of this ointment in the nose of the patient, and you shall see a maruellous thing.

For one, which with falling from some high place feareth to haue some thing broken in his body.

TAke halfe a glasse full of oile Olive, and put into it pouder of the seed of Cresses the quantitie of halfe a Walnut-shel-full, then giue it the patient to drinke at once, or at twice. It shall be good to let him bloud, immediatly after he is fallen, or as soone as is possible, and assone as he is let bloud, giue him this drinke. And he that cannot drinke the oyle, let him take the pouder with wine. If you cannot get the seeds of Cresses, giue him the pouder of Mene of the which there is alwaies enough found at the Apothecaries: if he bee bruised or hurt outwardly, annoint the sore place with Oyle roset and then laie vpon it the leaues of Mimis, and of dried Roses, and so shall you heale him perfectly.

A very good easie remedie, against the disease called the Kinges euill.

TAke the herbe called Farfara, Foale-foote in English, well stamped with his rots, and then being mingled with the flowre of the seed of line or Flax, and the grease of a barrow,

row, make thereof a plaister, and laye it vppon the sore, changing it twice a day: and all the sores of the disease shall be resolued into sweat. After they be healed, wash often the place with white wine by the space of ten or fifténe daies.

An other remedie against the same disease.

TAke the stones of an horse, and put them in a fire panne among the embers and coales, leauing them there vntill they may be beaten into pouder: then giue the patient drink of the said pouder in white wine the quantitie of two pennie weight, continuing this the space of xxi. daies: by this means you shall make him cast out at his mouth all the ordure and filth of the euill, and shall heale him throughly.

To know whether a woman shall euer conceiue, or not.

TAke of the ruen of a Hare, and hauing fraied and consumed it in hot water, giue it the woman to drinke in the morning at her breakfast: then let her stand in hot bathe, and if there come a grefe or paine in her bellie, she may conceiue: if not, she shall neuer conceiue.

A very rare remedie, for to take the kernelles out of a mans throte, in 30. daies at the furthest.

TAke the rots of Walwort well washed and boyled in white wine, and take also these things following: sponge burned halfe a pound, & two hundred cornes of pepper. All these things being well beaten into pouder, boile them in the said wine with the walwort rots: and hauing soden them well, poure out the wine, and kepe it in a violl well stopped, in some moist place, then giue the patient of this Wine for to drinke, three times a daie, at euerie time a glassefull, that is to saie, morning, none, and night. And while he doth vse this he must eate no other bread but Barley bread, & drinke his wine without water. He must also abstaine from eating any manner of hearbs, Fish, Garlike, Bétes, or other such like.

This maner of regiment ought a man to begin at the full mone, continuing vntill the ende of the same, and oftener, vntill the quarter encreasing of the next mone, that is to say fortie and fiue daies: and without doubt the patient shall bee healed.

An other remedie easier to be made.

TAke drie Camomill redact into pouder, and mingled with honie: then take in the morning a spoonfull of it into your mouth, & as much at night, letting it go downe of it selfe: vse this continually vntill you be healed: vse good gouernement, as is afore said.

A thing proued and experimented to be very true against the same disease.

TAke Polipodiũ (which is an herbe like vnto Ferne) growing vpon the stumpe or stocke of a Chestnut trée, if you can get of it, if not, take of the other and beate it into pouder, giue the patient drink therof, with Wine or honie twise a daie, at each time as much as will lie vpon a groat: continue this by the space of xxi. daies, beginning at the quarter decreasing of the mone, and keeping alwaies good diet, as is aboue saide, he shall be whole.

To make the skin stretch, and returne againe into his place, after the kernell is healed.

TAke the knops that remaine on the rose stalke, after the roses be fain off (which be like beadstones, fashioned like an egge) with the séed that is in them, Mome of the rock, the floure or blossome of a Pomegranate, of each of these a like quantitie. Séeth them in white vineger vntill halfe be consumed, put to it halfe as much as all the rest, of Ros Syriacus, or Rubus, which the apothecaries call Sumache or Sunache, stamped, and boile all againe vntill the vineger bee almost wholy consumed.

And

And of that which remaineth, annoint the place round about: and by that meanes ye shall cause the skinne to stretch and come to his place, as it was before.

A very exquisite remedy against the disease called in Latine Angina, and in Greeke Synanche, is an inflamation of the Muscle of the inner which Gargill, the Frenchmen call it Squinancie, in English Quinsey.

TAke the water of Scabiose a pound, of Aqua vitæ an vnce, mingle them together, and laie it vpon the fore of greese, and you shall finde the patient whole in thrie houers.

An other against the same disease.

TAke Swallowes, bake them in an Ouen, beate them to pouder, & laie them vpon the greefe, through the mouth if it be possible: if not, you shall intermingle it with Honie, Roset & a little flower or meale of Amilum, & then put it in his mouth, letting it goe downe of it selfe, and you shall se a marueilous thing.

An other against the same sickneſſe.

TAke oyle of blewe Vitriol, and put two or three droppes of it in white wine, with the which you shall gargle or wash your mouth and throte oftentimes.

A very good remedie against the Kinges euill.

TAke Cerusse or white Leade well stamped, foure vnces, oile Olive eight vnces, let this boile together fiue or sixe houers, stirring it continually, and when it is waren, or become verie black, it is sodden enough: then spread it vpon a Linnen cloth, & laie it vnto the place of the sore: if the sores bee broken, they will be healed incontinent: if not, they will resolue and lose, and shortly heale throughly.

To heale the same disease, by a substance taken at the mouth.

Roste a Hen as it were to eate, so that she be boiled in a great pot or caudron with a great deale of water without salte, letting it boile vntill all the bones bee separated from the flesh: then take the saide bones, and drie them in an Ouen, or at the fire, so that they be not burned, or wax black: after this, beate them well to pouder, and take of the seede of Sesamum, beaten well likewise into pouder, and mingle it with the pouder of the Hennes bones, as much of the one as of the other. And so take a spoonefull of the two pouders, and mingle it with Honie: causing the patient to eate of it at night, when he goeth to bed, and in the morning when he riseth. This ought to be done from the beginning of the quarter vnto the ending of the moone, vnto the ende: It is a verie excellent secret. It also happened to me of some men, in whom the saide disease was so olde and farre gone, that the said remedie could not helpe them, whom I caused to take with the saide pouder specified, as followe, which ought to be made after this maner. Take a certaine little serpent called a Slow worme, boile him in pyle oliue vntill he be broken and consumed, then rub the griefe with the saide oile, and laie peces of towe vpon it, leauing it so three or fower daies: and after that, make a new annointing, and laie towe to it again as before. By this said remedie I healed them perfectly, thankes be vnto God.

A very good remedie against the Kinges euill.

A heauenlie water, which hath many goodly and notable vertues, as we shall shew you after.

TAke Cloues, Nutmegges, Ginger, Zedoria, long Pepper, round pepper, the seede of Iuniper, Grenge pilles, the blossoms or flowers of Sage, Basill, Rosemarie, Wartwram, round Pint, Barberries, Pennieroyall, Gentian, Calamintha, the flowers of Elder, the flowers of white and red rose, Spignard, Lignum Aloes, Wilde Cubebes, Cardamomum, or Graines, which the Apothecaries call Granum Para-

Paradiſi, fine Sinamon, Calamum Aromaticum, Sticados, Chamedrios called in Engliſh Germander, Camepitheos, Melligetta, Maſticke, Incenſe of the male kinde, Aloe Epaticum, Anniſſéde, the ſeede of Pariozam or Pariozam gentile, drie Figges, drie Raiſins, Dates, ſweete Almondes, Kernelles of a pine apple, of eache of theſe an vnce, white hony fyve vnces. Then take ſugor weighing as much as all the ſaide compoſition, and mingle well all together, putting alſo vntoit Aquavitæ, weighing as much as all the ſaid ſubſtances: but the ſaid Aquavitæ muſt bee diſtilled fiue times through a Limbeck, receiuing alwaies the beſt: and mingle all the aforeſaid thinges together in the ſaid water: then put all into a vioill well ſtopped, leauing it ſo the ſpace of two daies. Then afterward you ſhall ſet it vppon the Furnace with his limbeck and recipient, diſtilling it with a verie ſmall fire, whereof will come a cleare and precious water; continue ſo the fire, vntill the water begin to change his colour, and come forthe white: then change the recipient, and receiue the ſaid white water apart, for it is not good but for to blanche and make white the face: and there is neither ſpot nor lintell, or any kinde of redde burgeons in the face of a man, the which being waſhed with this water by the ſpace of fifteene daies will not goe out, and weare alwaie, leauing the face and ſkinne verie white, ſhining and well ſauouring. This is a verie rare kinde of waſhing, and meete for great Ladies and Princeſſes. You ſhall mixe the firſt water which is cléere with Aquavitæ, alike quantitie, the which is called Melbalſami. Now hauing put and left all theſe things in a Vioill well ſtopped, the ſpace of two daies or thereaboutes, ſet it to diſtill with a ſmall fire: then receiue and put the firſt water by it ſelfe, which will diſtill it verie cleare and odoriferous. When you ſée that the water beginneth to come forth like raine water, change your recipient, and then receaue that ſame like wiſe by it ſelfe, vntill you ſée the third Water come out, which will bee of a ſanguine colour, the which you ſhall powre into a Vioill, and ſtop it well with Ware:

keepe it diligently as a precious thing, for it hath manie notable and excellent vertues, of the which the best bee these that followe. The first is, that if you laie a little of it upon a fresh wound, there needs no other medicine to cure it. The second is: it is good for all old woundes, against the canker, the wormes, and against Nolime tangere, and all other diseases growing: ye must weat the sore places with it, everie second or third daie once, and by this meanes, in the space of fifteene or twentie daies, he or they shalbe healed. The third is, that if any man haue a Carbuncle, or Saincte Anthonies disease, called commonly in Italie and in France sainct Anthonies fire, or other pestilenciall sickneſſe, and wash the place with the said water, it will kill it within an howre. The fourth is, it is good against the paine of the eyes, so that the eye be not out or lost: if you put a little drop of it into the eye in the morning, and as much at night, it will heale the paine in fifteene daies. And although it be somwhat pricking, yet the greef of it passeth soon awaie, so that it can not in any wise hurt the eyes. The fifth is, that if any man haue the stone in the reines of his back, and in the bladder, and drink three droppes, or a drachme of it with a little white Wine, he shall bee delivered thereof in few daies. The sixt is, that it healeth the Emerodes or Piles, if they bee washed with it euerie daie once. The seuenth is, that it healeth all maner of disease, or paine of the matrice, and the Collick, when a spoonfull is drunke of it with the brouth of a Beanne, or of Cabbages. The eight is that when a man bathyeth the shronken and indurate Sinewes of the bodie, they stretch and heale in fewe daies. The ninth is, that it healeth running & wateric eyes, when a droppe is put into them in the morning. The tenth is, that it is verie good to heale al maner of scabbe, scurfe, and other like stinges, washing them with it often times. The eleventh is, that if a man put a droppe of it into his eare at night, or in the morning, it taketh awaie all the greef and wormes, which doe ingender in the eare.

The

The twelfth is, that it healeth al venomous biting, when ye wash the venomous place with it, and is farre better for such an accident, then the triacle is. The thirteenth is, that it killeth all wormes in mans bodie, if a man rub his mouthes, or drinke a verie little of it. And finally, it is also very good for venomous hurts or woundes, and for all wounds inwardly. It healeth the kings evill, and the disease called the falling sickenesse, and all other infirmities in the exteriour parts of the bodie: and with this water may a man wash himselfe, or else drinke it. It is also good for euerie old sickenesse, and restoreth time for old folkes, or those that are consumed, and vehement with hunger, sickenesse, or for lack of meate. It conserueth the radicall moisture, and naturall heate: maintaineth healthy & keepeth a man in long life, whosoeuer vseth it as it ought to be vsed.

Pilles of a marueilous operation and vertue against the Sciatica, which we promised to speake of, in the Chapter of the Sciatica.

TAke pilles Alephangines, or Hermodactill Maioris, and minoris, of each of them a tetraple, which is the third part of a dragme, three graines of Gemmis, bitumine and stir them with the iuice of roses, and make of all this substance fiue pilles: and at the beginning, when the Sciatica is verument and great, you shall take of the said fiue pilles euery foure daies: and when it beginneth to decline and asswage, you shall take them only the first daie, then the first, the seuenth and the eight daie, vntill all be done: and take them alwaies in the morning, at the breake of the daie, abstaining at the least six or seuen houres from meat. Note although the said pilles bee not for a man to keepe his chamber, and that they prouoke not to the stoole, yet ye must not drinke any white wine, nor water, nor eate anie sallet thinges, nor anie kinde of poulse corne, as Beanes, Poason with such other like, nor Onions, Garlike, or such like: if the disease be inueterate, olde, or farre gone.

A notable secret to heale a mad man, be it that the madnesse came vnto him by swhirling or giddinesse of the head or braine, or otherwise.

FIrst of all make him fower Clisters, in fower mornings one after another. Let the first Clister be simple, that is to saie, made with water wherein ye haue boiled or sodden wheate, bran, common oile, and salt. Let the second be of water sodden with Mallowes, Mercurie, Pellitorie of the wall, and violet leaues, with oyle and salt. Let the third be of water boiled with oyle, salt sodden with wine and Honie. And let the fourth clister be of the like decoction that the third was, adding to it Endiue, Buglosse, and the toppes of Wallwoort. After that this decoction is strained, ye shall put to it an vnce of Cassia Fistula, and halfe a quarter of an vnce of Mithridate. Now hauing giuen him these fower Clisters fowre sundrie mornings, you shall giue him this medicine: Polypodium of an Oake well stamped a handfull or twaine, and wring out the iuice of it, and put in a glasse the quantitie of two fingers high, putting to it two vnces of Honie rosat, and a quarter of an vnce of Electuarie rosat, and as much of Diatesicon. All these thinges being incorporated together, giue them vnto the patient to drinke at night when he goeth to bed, two or three houres after the sunne is set, and giue it him luke warme. If in case he will not take it, binde him and hold him perforce, make him open his mouthe, put some sticke betweene his teeth, and then poure the medicine into his throte, as men doe vnto horses. And when he hath taken all, if it be in winter, you shall make him sit vpon his bed halfe an houre, well couered round about, to the intent he take no cold after it: if it be in summer, ye maie let him goe about the house where he will, but see that he go not out. When the medicine hath done his operation, take this ointment following: that is to saie, a pounde and a halfe of the iuice of Wallwoort, whereunto you shall adde as much butter,

ter: boile this together a good while, vntill all the iuice be almost consumed, then put to it oyle of Camomill, oyle rosat, oyle of Sainct Johns Woorte, of each of them an vnce. Incorporate well all these thinges on the fire, and make thereof an ointment, wherewith you shall annoint the patient, from the necke vnto the feet, armes, and legges and all: but the ointment must be hot, and he must be so well annointed and rubbed, that the ointment may penetrate and pierce through. Continue doing this the space of a moneth, annointing him euerie Euening and morning, or at the least once a daie. Whiles or shortly after you haue begun to annoint him, bathe him with an hot iron vpon the seame or ioining together of the head, and at the first laie vpon the same a linnen cloth wrung out of Rosewater greene, ioining it to the space of eight or ten fingers: and aboue vpon a great Cyprese vine leafe, and vpon that laie Iuie leaues a pace of the sole of a shoe made fine and thinne, binding it vnder his throte with some bande, or beneath his head, so that it may bide on: and change it alwaies at night, and in the morning. If in case hee passe fower moneths and receiue not health or returne to his witte, you must beginne againe to giue him the said Glisters he has before, and the same medicines annointing him as before, and without doubt (by the grace of God) he shall be whole. He must eate at the beginning Chickens, Mutton, and rosted Meate: after you may giue him colt and cod, with pottage of Mallow, Mallowes, and Mallowes, and also newe laide egges, putting spices vnto his meate, causing him sometime to eate (either in his pottage or other wise) Beetaine, Borage, Spinage, Parsley and mint, not suffering him in any wise to take salt, sharpe or eger things, pouldered meate, Garlike, Onions, nor such like: ye may giue him white wine with water, let him also carrie euer about him some good odours, and heare melodie or musick: speak oftentimes soberly and wisely vnto him, admonishing him to be wise and sage, rebuke him of his follie when he doth or speaketh of anie fond or foolish things: And in such case the

authoritie

authoritie of some faire woman availeth much, to tell him all these things: for good admonitions are of great vertue and strength, for to establish and settle a braine troubled or disquieted with anie sickneſſe or passion.

Pilles of maiſter Michaell a Scot, the which doe heale the greeſe or paine of the head, be it inueterate or recent, purge the brain, clarifie the ſight, cauſe a man to haue a good memorie, good colour in the face, and be alſo very good for many infirmities.

YOu ſhall take of Aloe waſhed, three ſcruples, the rote of wilde Gourds, of all ſortes of Mirabolanes, of the confection made with Scamonie, called Diagridion, Maſtick, baiberries and Roſes, of each of them halfe a dragme, of ſaffron a ſcruple, Mirrhe halfe a ſcruple: ſtampe all well together, and make therof pilles with the iuice of cole wortes, & take three or fower of them, when you goe to bed, euerie third or fourth daie once.

Againſt the paine of Womens breaſts, a verie excellent remedie.

TAke the yealks of two new laid egges, the weight of two pence of new wax, a little oyle Roſet, a little Mill, called in Latine Tutia, prepared and trimmed in roſe water, ſet all this on the fire to melt in a cleane pan, and when it is cold againe, ſpread it vpon a linnen clothe, and laie it to the ſore breaſts, but you muſt haue firſt waſhed the ſaid ſore places with white wine, wherein hath been ſodden leaues of Roſes, Plantain leaues, and the leaues of and Olive tree, both greene and drie, and after hauing wiped and dried it againe, laie the plaiſter to it, meſſed and prepared, as I haue ſaid, and incontinent the ſore ſhalbe healed.

To ripen a Felon, Cattes haire, Botch, Bile, or other Apoſtumes, or Swellinges: which haue need of quick and ſudden ripening.

You

YOu shall take crums of bread, raisins dried in an oven or otherwise, and then well stamped, butter, Hogs suet, Leuen, Cow-milke and a little saffron. Make of all this an ointment and laie it vpon the sore, putting first a little Saffron in ponder vpon the verie place where you will haue it breake, and vpon that the plaster, leaning it so vntill night: and change it morning and euening: so shall you make it soon ripe and breake, then dresse it with oyle roset and yoalkes of egges one whole daie, after that purge alwaie the ordure and filth with some drawing ointment. Finally you shall laie to it the ointment of Aloe & Tutia, or some consolidatiue or healing ointments.

To dissolue a sellon, a Cats haire, a bile or botch, at the beginning.

YOu shall take a citron or orenge, and parte him in the midst, take a little Towe in a dish, and pisse vpon it: after that presse & wring it in your hand, and put to it a little common salt well beaten to ponder, and laie it so hot vppon the sore, putting vpon the said towe halfe a citron or orenge, and so binde all this with some bande, changing it Euening and morning, and incontinent the corrupt matter will dissolue.

To make Emplastrum Aureum, which is of a wonderfull vertue for all sorts of wounds.

TAke Pix græca or colophonia, Brimstome, white incense, as much of the one as of the other. Let all these thinges bee well stamped and mixt with the white of egges, then annoint a pece of parchment with this mixtion, & wring the wound well with your two fingers, to make the blood come out: lay the said parchment vpon it, binding it with some little band & the wound shall shortly be healed. This secret had a Chirurgian of Naples, and would tell it to no man in the world, vntill he himselfe being hurt commanded his fellow to make this mixtion, and to laie it vnto the wound which was in his hand.

Another

An other excellent secret, which was brought out of Iudæa, and is very good for diuers accidents of mans body.

CArduus Benedictus eaten healeth all headache, causeth a good hearing and memorie, taketh awaie the whirling or giddinesse of the head, comforteth the braine, causeth a good sight not onely when a man eateth it, but also when he rubbeth his eyes with the iuice, or when a man putteth the pouder or water of it into his eyes. It purgeth also the stomack, the throat, and bringeth a good appetite, comforteth the breast, consumeth Rumes and Purres, and healeth the paine in the belly. The wine of this decoction and the water which is distilled of him, drieth vp all euill humours, and itches, healeth the spleene and the stone: and when a Glister is made of it, and of Urine or Pisse, it healeth all ventositie, Apostumes and the plague, so that you drinke the iuice or the pouder of it immediatly after ye feele the greef. And if a man laie of the white and rough cotton, that it hath after it is blossomed, vpon any wound that is not mortall, it will heale it in three daies without pain or greife. The said herbe causeth a sweete breath: & when it is eaten, it causeth a man to haue good teeth and gummes: it healeth the disease of the matrice and cleareth the heart: when a man maketh a Glister of it with the brine of a manchilde, it healeth the falling Sicknes, the stich and paine of the side, when it is dronken with white wine warmed, and with hote Water: it healeth all maner of Feuers, when a man taketh it foure houres before the fitte come, but while he sweateth he must be well couered. If the Nauill of little children fall, boile the said herbe in Wine, and washe the Nauill with it: it is also very good against all bitings of serpents, and other poison.

Against all maner of coughes, as well inueterate and old, as recent and newe, a certaine and sure remedie.

TAke Brimstone beaten in pouder halfe an vnce, and put it in a new laied Egge, soft rost, mingle it well together: then

then put to it Wenge wine the bignes of a chichpeaſe, lightly ſtamped, and drinke it in the Morning at your breakefaſt: make as much againe at night when you goe to bed, and you ſhall be whole at the ſecond or third time. But if the Cough haue holden you long, you muſt take it ſo much the oftener.

An excellent conſerue againſt the cough, and all anguiſhe of the breſt, which mundifieth and cleanſeth the ſtomacke, and cauſeth a good voice, and a faire colour in the face.

TAke the rootes of wilde or Parſlie Mallowe, called of the Apothecaries Biſmalua or Maluauiſcus mundified and made cleane, and cut in ſmall peeces, well ſtamped in a Morter of ſtone. Then take ſome greate pot or caudron that holdeth fiue or ſeauen greate Viol's filled with water, and boile in it theſe thinges following, Licoras, Iſope greene or drie, Sage, Roſemarie, Carduus Benedictus, Figges, drie Raiſins, Amilum of Barly, or Barly floure, of eche of theſe thinges at your diſcretion, and as much of the one as of the other, and adde to it more a handfull of Succorie with his rootes: let all this ſeeth in the ſaid Caudron or Kettle the ſpace of an houre, or an houre and a halfe, and then let it coole againe, ſo that you maie well endure your hande in it. Then take out all the ſaid ſubſtance, and put them in a cleane cannas, and wring out all the ſubſtance into the ſaid water in the Kettle: put in it alſo two or three pounde of the ſaid rootes of Maluauiſcus ſtamped, as before, then ſet it to boile and ſeeth againe three houres or more: take it from the fire and doe as you did at the firſt time: but if it had ſo much ſodden that al the rootes were broken & conſumed, it ſhould not needs to haue ſtrained or wrong them thorough a cannas: this done, take the decoction of it and ſet it in a pot vpon the fire with as much Honnie, or little leſſe, leauing it to boile ſo faire and ſoftely, taking awaie the ſkum that ſhal come of the Hounie. After it hath thus boiled a good ſpace, adde to it an vnce, or as much as you will of Sinnamon, and a quarter of

an vnce

an vnce or more of Bengewin ſtamped, and a little muſke: then take it immediatly from the fire and couer it, to the intent it take no vent: ſpeciallie if you haue put it in the muſk which would elſe vaniſh awaie with the ſmoke: wherfore you may put in the muſke when the water is luke warme, after it is taken off: ſo ſhall you haue an excellent conſerue to vſe & occupie all the winter, as well at night as in the morning, & at all times when you liſt: but you muſt at euerie time you take it, warme it againe, & take thereof two or three ſpoonefulls at a time. And if you will haue it thicker, put to it pouder of Suger, or Penides: and if you will haue it clearer, ye muſt put to it a little more of the firſt decoction, which we haue ſpoken of. This ſecret is of ſuch excellencie, that if a man vſe of it in the winter as is aforeſaid, it is not poſſible for him to bee vexed or tormented with the coughe, Reumes, murres, Catarres, or any other like diſeaſe.

A goodly and pleaſant Secret to heale the cough, in rubbing the ſoles of the feete: and is a thing verie eaſie and certaine.

TAke two or three Garlike heads, well mundified and made cleane, ſtampe them well, then put to them Hogs ſuet, and ſtampe them well anewe: and at night when you goe to bed, warme well the ſoles of your fête, and annoint them well with the ſaid confection, and then warme them againe as hot as you maie endure, rubbing them well a prettie ſpace: and being a bed, let your fête be bound with ſome warme linnen clothe, and rub alſo the ſmall of your legges with the ſaid ointment: by this meane you ſhall be healed in three nightes, were the cough neuer ſo behement. If you will at your meales vſe of the ſaid decoction in your wine, or otherwiſe, you ſhall finde your ſelfe well at eaſe in your ſtomacke and head, & ſhall the better driue awaie your cough, and all other euill diſpoſitions of the bodie.

A verie

A very goodly and easie remedie to heale in a day or twaine all manner of inueterate and olde wounds, wherein is growne dead and superfluous flesh, and wounds that cannot be cured by any other medicines.

TAke three vnces of turpentine (first washed in common water, and then in Rose or Plantaine water) and the yelke of an Egge, an vnce and a halfe of oyle Roset, of Sublimate half a dragme: mixe all these well together, and make thereof a plaister, & lay it vpon the wound. And because it draweth somewhat, make this defensiue. Take two parts of oyle Roset, halfe a part of vineger, a little Woale Armoniack at your discretion, mingle all together and rub within fower or fiue fingers or more, round about the wound. And hold not the infected member too far from the fire, to the intent that whilest the dead flesh is consuming and eating away, you feele not so great a paine. After that the dead flesh is eaten away, lay to it a little bande with Butter, and leaue it vpon the wound a whole day, & you shall see a marueilous thing.

Against all maner of pestilence or plague, be it neuer so vehement, a most certaine and proued thing.

TAke an Onion, and cut him ouerthwart, then make a little hole in each peece, the which you shall fill with fine triacle, & set the peces together againe as they were before; after this, wrappe them in a white linnen cloth, putting it so to rost couered in the embers or ashes: and when it is rost enough, presse out all the iuice of it, and giue the patient to drinke thereof a spoonefull: immediately hee shall feele him selfe better, and shall without faile be healed.

A verie good perfume against the plague.

TAke Masticke, Cypres, Incense, Mace, Wormewood, Mirrhe, Lignum Aloe, Tegname, Muske, Ambergrise, Timiama, Nutmegges, Pistle tree, Bay tree, Rosemarie, Sage, Roses, Elder, Cloues, Iuniper, rue, pitch, and a

a kinde of raw pitch, called in Latine Rasis. All these things stamped and mixt together you shall set vpon the coales, and so perfume the chamber.

An other remedie very good against the plague.

TAke the ripe Berries of a Baye tree, and peele off the blacke skinne that is vpon them, beate them into pouder with a little Salt, and as soone as a man perceiueth himselfe infected with the plague, and that he beginne to haue a hotte Feuer, hee must take a spoonefull of the said pouder, mixt with a little vineger and water, heate it a little & drinke it, & then to couer himselfe well, & sleepe enough: so sweating lustily he shall bee incontinent cured. But if the Feuer come with a colde, in steede of Vineger, he must take Wine, and then do all the rest as before: a thing experimented vpon many.

For him that is sicke of the plague.

TAke white Dittanie, Turmentill, white Coral, Gentian, Bole Armoniak, Terra sigillata, Endiue water, Rue-water, rose water, white vineger, water of Scabiose, and the accident comming vpon him, ye must make this within foure houres. Take of the said things stamped eche one by it selfe, and putte them in some glasse or other vessell, and make of all a drinke at your discretion, making that the vineger mount in the glasse a little aboue the other things, and let the patient take it hot, and then couer him selfe in bed vntill he sweate well, and he shall be cured.

A marueilous preseruatiue against the plague.

TAke white Dittanie, rounde Aristolochia, Crocodilium, called also Cardina, or Cardua, Verueine, Gentian, Zeduaris, an herbe called in Latine Pes Milui, of eche of them two vnces, stampe al this a little with a handfull of rue, then take a violl that holdeth at the least three quartes, and fill it with the best Wine that you can finde, whereinto you shall

put all

put all the forsaid thinges, and leaue it so standing in your house. And in dangerous times take euerie Morning before you goe out of your house halfe a glassefull of the said Wine: but you must haue taken first a Walnutte, a Figge, and two or three little braunches of Rue. If you doe this in the morning, you shall be assured for that daie.

An oyntment to make an Apostume breake, and the sore of the plague to fall off.

TAke a quarter and a half of common oyle, and set it on the fire in some vessell, then put to it foure vnces of Ceruse, or white Leade well stamped, Litarge of Siluer very fine & thinne three vnces, common ware foure vnces: and leaue it so longe vpon the fire, vntill you maie spreade it with your finger vpon a marble stone. This done, take it from the fire, and poure a little vineger vpon it, but you must holde it farre off, to the intent it leape not in your face: then make of this oyntment a plaister, as great as all the sore, and make a hole in the middest of it as big as a penny: after this make a little plaster of some ointment that mortifieth, of the bignesse of the said hole: then make an other plaister of the same bignesse, the which you shall laie vpon the sore, so that the plaister with the mortifying ointment bee betwene both, and leaue it vpon the sore the space of foure and twentie houres: then chaunge onely the middle plaister, that is to saie, be that mortifieth, and put an other in his place, the which you shall also let lie foure and twentie houres: and before that the plaister bee laied round about and stretched, annoint the place verie thick with fresh Hogs suet, or Hennes grease, to mollifie it, and so you shall make it harde in the middle: & round about you shall make a circle of tender flesh, in such sorte that the sore will breake out and come forth. And the eight and fortie houres once passed, after you haue taken off the Plaister, laie vpon it an other Plaister made with fresh Hogs grease, and immediatly will fall from it a dead flesh in manner of a round Pomell, and there will remaine a

hole, the which you must heale with some ointment, or els with Diaculum magnum, and when the flesh beginneth to growe, laie to it burning Alum, by the space of xviii. houres. and then laie the said oyntment vpon it.

An other remedie against the plague.

YE shall take the toppe of Rue, a Garlike head, or halfe a quarter of a Walnut, and a corne of Salt: eate this euery Morning, continuing so a Moneth together, and be merry and ioconde. This receipt is also good against wormes.

An other very good remedie against the Plague.

TAke Aqua vitæ, the water of wilde Perseley, called in Greeke Melissophyllon, Melyphyllo, and Melinon, and in Latine Apiastrum, and Plantaine water, of eche of them a pound: and when you will vse of it, which you ought to doe daily, you shall take as much of the one as the other, so that all together amount to the quantitie of two fingers in a glasse, & then drinke it: so shall you bee preserued & safe from the plague. This water is also good for Fistules & woundes, and is well tried and experimented.

An other perfect receipt against the Plague.

TAke a violl, or some other glasse, and fill it vnto the third parte full with fine triacle, and one third deale or third parte with Aqua vitæ, and the other third parte with the vrine of a young man childe that is a virgine, and healthfull: mixe all well together, and giue the Patient drinke thereof three Mornings, that is to saie euery Morning a glassefull. This hath beene proued in Venice in the yeare 1504.

An other against the Plague.

AS soone as the Person feeleth himselfe infected, let him take the best triacle he can finde, and after hauing swallowed downe a parte of it, let him take of the same

fumes the bignesse of a Bean, and laie it upon the sore that beginneth to rise: rubbing it well round about with the said Triacle. Incontinent after this you muſt take a Pigeon, and cut him in the midſt quick, Feathers and all: laie him to the sore bottome as he is, and let him lie on it, untill that parboyle the pigeon be warm, and become greene, and the triacle red: then take it off, and you shall see, that out of the pigeon will come a greene water, which is all the venom that was in it. Ye muſt afterward cure the place with this plaister following. Take two partes of fresh Barrowes greaſe, and one part of Mirre, and well stamped, and laie it upon the sore.

A thing oftentimes proued and experimented againſt the plague.

TAke the kirnell of two Nuts, Euphorbium an Ounce, Spikenard two Ounces: beate this into powder, and giue it the patient to drinke. If he be under ten yeares of age, giue him a ſcruple of it. If he be of yeares from ten to twentie, halfe a dragme: but if he be about twentie yeares olde, ye shall giue him a dragme: then take the herbe called in Greeke Pentaphylon, in Latine Quinquefolium, and in English Cinkfoile, and wrappe it like a round Apple in a peice of linnen cloth, laying it to under hot embers by the space of three Miſereres: and after hauing taken it out againe, cut it in three peices in the middle, and laie it upon the ſore, greaſed, which you shall cause to ceaſe immediatly.

A preſeruatiue againſt the plague, oftentimes proued.

IN a dangerous time, take three little branches of Rue, a Walnut and a figge: eate all this, and you shall be ſafe.

Another.

TAke the dunge or excrement of a yonge bole, betweene ten and twelue yeares of age, and dry it, and after beat it into powder. Then take, put of it at the moſt two ſpoonefulles

ruls in a glaſſe of white wine, and giue it the patient to drink at the leaſt fiue houres after the griefe taketh him: and the ſooner the better. This hath bin found true in many men.

Another.

TAke the iuice of a white Onion, vineger, the iuice of rue and of Milfoyle, parſley, Betonie, of each of them a like quantitie: mixe all together, & giue the patient to drinke thereof two thirdendales of a glaſſefull: but let him haue it hot, and before the firſt houre after the paine ſhall haue taken him. This done, make him ſweat as much as he may in his bed. This hath beene found of great perfection, and experimented vpon diuers men.

In a ſuſpect time of a plague.

TAke Pulliol or Penyroyall, in Latine Polegium, with ſinger roſet, and make an Electuarie, the which you ſhall vſe and eate in a ſuſpect time of a plague, at your breakefaſt, the quantitie of vnce of a Cheſtnut: this haue men proued, & found good.

Another well tried and proued against the plague.

TAke Walnuts when they bee greene, tender, and good to make confitures or preſerues, put them in vineger the ſpace of eight daies, then take them out againe, and breake them in peeces, putting them into a Limbecke without vineger, and ſtill the water of them, of the which you ſhall giue the patient drinke euerie daie halfe a glaſſefull, and when he hath drunke it let him ſweat well in his bed.

A verie perfect ſecret against the Plague.

TAke an vnce of Aloe Epaticum, halfe an vnce of Myrrhe, halfe an vnce of Saffron beaten into pouder, and tiſte the Aloe and the Myrrhe together: then beate the ſaffron in pouder, ſteepe and ſoke it, or waſh it with white Wine that is verie ſtrong, for that it be like a ſauſe: then put the other pouders to

so it, and mix well al together: it must be put into pure wine to it, so much that all may be made as it were a pappe, and so pilles. And then you will make it verie strong, for euerie once put to it halfe an once of Diagridium, and halfe an vnce of Camphire. Maister French Albere take three eight partes of the said pilles with halfe Diagridium, adding a little of it in good wine, and gaue them to the patient almost a houre before, and to made him sweat much in his bed: for by sweatting the venom did resolue.

Another very good secret.

TAke the flowers or blossomes of Wal-nuts, and dry them in the shadowe, and when the nuts begin sadlie to couer, you shall cut parte of them into small peeces, the which you shall put in strong vineger by the space of three daies: then take them out, and mingle them with the said flowers, distilling them through a limbecke of glasse, or of earth, leaues with them this water diligently, & when any man feeleth himselfe taken or infected with the plague, giue him of it as soone as is possible two vnces & a halfe or three vnces, & you shall driue away the disease by the course of the bellie, or by vomiting, or else will it make the sore or botche to come forth, the which you shall make ripe and breake, as I haue more written.

To make a Carbuncle, and all other botches, apostumes, and plague-sores to breake, a present remedy & very easy to make.

TAke Bais salt well beaten into pouder & sifted, incorporate with the yolke of an egge, & laie it vpon the carbuncle or sore: & be assured that (with the grace of God) it will drawe to it selfe all the venome and poison of the Plague or sore, so that in short time he shall be cured: a remedie often times proued.

A very good remedie against the markes of the plague, commonly called Gods tokens.

[illegible] called the more and greater Centorie, it is named of Dioſcorides Rostellum, or little Rhapontica: the roots of the herbe called Senegreen Dentillon, of ſome Dens leonis: of Dioſcorides Coronopus: that is to ſaie, Crowen foot, ſome take it to be Dandelion. The roots of Turmentill, white Dittany, of each of theſe are bruſed, ampt all well, and put it in a potte or viall, with the thinges, or quantitie of water at your diſcretion, rather too much than too little, vntill it paſſe halfe a handefull above the other things in the pot or viall: then let it boile with a little fire as one ſhulde ſeeth a chicken without ſmoke, vntill it be diminiſhed at the leaſt the third part then ſtrayne it ſafely, and it will ſeeme of the colour of wine: kepte it in ſome veſſell of glaſſe, and when neceſſitie requireth, you may giue the patient a glaſſefull of it in the morning, and as much at night, two houres before ſupper, and it muſt be very hot, then couer him well in his bed, and ſweate him ſweate. When the maſter ſweate forth, he ſhall become the ſlaper and ſleeper, and ſhall be ſhortly cured.

Againſt the mortalitie of the Peſtilence.

TAke Gentian Seduaria, rootes of Turmentill, of each of them two vnces, red Sandale, white & recent Dittany, harts horne burned, white Pearles, Bole Armeniack, round Ariſtolochie, of each of them an vnce, camphor halfe an vnce, white ſuger two vnces: of all theſe thinges well beaten into powder you ſhall take at euery time a dragme, with three vnces of Cheuing water, or ſuch like water, mixe the water and the ſuger with the ſubſtaunce of a walnut of ſine triacle. You muſt miniſter this medicine before the ſtraungle hath continued with his perſon twelue houres, for it is the ſurer. If in caſe after the twelue houres it worke not ſo wel as you would haue it, yet ye muſt haue a good hope. And if the patient be in the age of infancie, ye ſhall giue him halfe a dragme of it, with an vnce and a halfe of one of the ſaid waters, and

with a like quantitie of triacle. This said wine is not feasible to drinke, nor causeth any greefe to him, but onely killeth the poison. If any man hap drunken of eaten any poison, it is a verie good medicine for him: it is also verie good against a hot feuer or ague. Note also that (if it be possible) the patient must be let bloud before he take the said medicine: if not, let it bee done afterward, that is to saie, on the same side that he feeleth the griefe.

To make little round apples or balles against the Plague.

TAke Labdanum halfe an vnce, Storax calamita an vnce, Diambre diamusci, of each of them halfe a dragme, Campher two graines, Cloues fifteene graines, Nutmegs, mace, of each of them halfe an eight part, Damaskine roses a scruple, Sinamon halfe a dragme, Spicknard three graines, Gualle, Cinet, of each of them eight graines, fine Mirre two halfe a dragme, Ligoum Aloe foure graines, Calami Aromatici the bignesse of a bean, fine amber foure graines, mirrhe the bignesse of a beane: Stampe first the Labdanum with a hot pestle, then stampe well the Storax calamita, and all the other thinges each one by itselfe: and then mixe altogether, and stampe it still with a hot pestle, adding to it at euery time Storax liquida, and rose water, vntill all the said thinges bee well incorporated: and then make your round apples or balles.

An ointment to kill the Plague.

TAke Sope-makers water, & boile it vntill it waxe or become as it were an ointment: then take of the wood of Willowe or Beech, and burne it: after quench the coales in Vineger, & drie them in the shadow, in such sort that a man maie stampe and sifte them: take also quicke lime at your discretion, and mingle it with the said Sope water, then take the same powder vntill you haue enough, and halfe an vnce of freshe and sweete Hogges greese or ferme: mixe all together: after this done, take of little greene Colomnes thestring

ning with a glasse like golde, vse in the top of Aprill or Iune, called in Latine Cantharide vel Cantharides halfe a dragme, beat them into powder and mix them together with the rest making an ointment somewhat hard: leaue it so in some bottell well closed and stopped, and if there arise any oile vpon it, take it off faire and softly.

A very perfect oyle against the plague and all poison.

TAke oyle of the eldest you can finde, and boile it the space of an houre, & for euerie pound of the said oyle put in fiftie Scorpions, or as manie as you can get, put all this in a pot vncouered, the which pot you shall set in a kettle or cauldron of boiling water, vntill the third part of the oile or somewhat lesse be consumed. Then take out the Scorpions, and poure the oile through a canuas into another pot or viall wel stopped, which you shall set in the sunne the space of two or three moneths: if it be not in Summer set it vpon hot ashes by the space of three or fower daies. But before you set it in the sunne or to the fire, as is aboue said, you shall put vnto it these things following: Rhubarbe two vnces, Vnicornes horne two vnces, triacle an vnce, Aqua vitæ three vnces: and when any man feeleth himselfe infected with the plague or anie poison, let him be annointen with the said oile about the heart & all the pulses: and you shall see a miraculous thing.

A maruellous secret for to preserue a man from the plague, and hath beene proued in England of all the Physitions in that great and vehement plague, in the yeare 1348. which crept throughout all the world, and there was neuer man that vsed this secret, but he was preserued from the plague.

TAke Aloe Epaticum or Cicotrine, fine Sinamon & mirrhe of each of them three dragmes, Cloues, Mace, Lignum Aloe, Mastick, Dole Armoniack, of each of them half a dragm. Let all these things be well stamped in a cleane morter: then

mingle

mingle them together, and after kepe it in some close vessel, & take therof euerie morning a two-pennie waight in halfe a glasse full of white wine with a little water, & drinke it in the morning at the dawning of the daie. And so may you (by the grace of God) go hardily into all infection of the aire and plague.

A very sure and perfect remedie to cure a man of the pestilence: and some there haue beene that haue beene cured in a night: the same remedie is also good for Gods markes, Carbuncles, Byles, botchs, and such like sickenesses, as S. Anthonies fyre, and such other.

TAke the seede or berries of Iuie, that groweth on trées or walles, and not of that which is found lowe by the ground, and you muste gather the said berries verie ripe and toward the Moone if it be possible, if not, take them as you may get them, although they be not verie ripe, drie them in the shadowe, and kepe them in a boxe of wood as a pretious thing. And if anie be infected with the pestilence, take of the said berries, and beate them to pouder in a cleane morter, and giue the patient of the said pouder in a glasse ful of white wine, as much as a man may laie vppon a groate or more: then couer him in his bed and make him sweat well. This done, change his shirt, sheetes, and the other couerings of his bed, if it may be: if not, let him at the least change his shirte & sheets: the same hauing taken of the said pouder euer night found themselues in the morning so well, that they rose vp, clothed themselues, and walked about the house: and finally were thoroughly cured.

I sawe a Millanoys the yeare 1523. in Allepo, that had the plague, and one sore vnder the thighe, and another vnder the left Arme: and hauing taken of the said pouder in the morning and againe at night following, he found that the two said sores brake of themselues by vertue of this excellent medicine, sent by the great clemencie of almighty God.

Where-

Wherefore I would counsell, that in all townes where a man maie haue the commoditie to doe it, to haue plants and sets of Iuie, be it within the towne or without, to the end to be alwaies prouided and furnished of the said berries, which men maie gather euerie yeare, and keepe diligently for to ayde themselues in all accidentes and chances that maie happen and fall.

A verie goodlie and present remedy for to heale the pestilence, in drawing out the venom from the botch or sore, or other like accident.

TAke a quicke Hen, & pluck the feathers from her arse, and from the place where as she laieth her egs, & set her so that the said bare place may be vppon the greese, and that she map as it were sit on the botch or sore, or the place of the plague, and holde her so a good while. Then you shall see that the said Hen will haue drawne all (or at the least some) the poison and infection, that shortly after she will die. It shall be good to doe this with two or three or moe Hennes, immediatly one after another, the which will draw all the venome out of the sore. This done, annoint the place with good triacle, and let not in the meane time to vse other remedie by the mouth, whereof we haue spoken heere before, that is to saie, the Iuie or Bay berries, or some other remedie, that you find most readie. If the sore be so hard that it will not breake, you maie vse the forenamed remedies to make it breake, to the intent that al the venom may come out, & void from the heart.

An aduertisement or warning of great importance, to preserue a mans selfe in time of Pestilence.

BEcause the euill humor that be in a mans bodie, doe easily receiue the corruption & infection of the aire, it is verie good to kepe the stomach and the head cleane purged, not to ouerlade it with eating and drinking, but to abstain from grosse meates, to purge himselfe as often as is possible, with some

ſome gentle and familiar purgation, as Caſſia pilles, as the pilles of Mafficke, of Aloe, or of other ſuch like thinges, and aboue all to vſe often the lies of wine, called Tartre, which you muſt beat well in pouder, and kéepe it in hot water, and then ſtraine it, or dreane it faire and ſoftly out: Afterward drie it thoroughly as men doe white ſalt: then kéepe the ſame pouder, and put three vnces of it with a pound of ſuger roſet, and in the morning take a good ſpoonfull therof, vntill there be an vnce or more, and doe this from daie to daie, for it will kéepe your bodie cleane and purged: and he that can not doe it with ſuger roſet, let him take the lies ſtamped, and ſtep or waſh it in the broath of fleſh or Coleworts, ſtirring it vntill all be looſed and vndone, that maie be iuſed: then let it ſtand a while, and after poure ſoftly the broath into a diſhe, caſt awaie the ſubſtances that goe to the bottome, and drinke the broath: doe this euerie daie at the howers of your meales, or at the leaſt euerie ſecond day, or when you ſhall think good. It ſhall be good alſo to eat in your pottage things that purge the bloud, as Bugloſſe, Burrage, Succorie, lettice, and ſuch like: and aboue all, not to kéepe your ſtomache ouercharged, nor to emptie: and in the morning betime to take ſome of the aforeſaid preſeruatiues, as the pouder that haue experimented in England (as wee haue recited) or ſuch other like. Then two or three houres before dinner, to take ſome of the other preſeruatiues, as the Rue with a figge, and with the walnut, which is a thing verie good, or ſome of the ſaid confections, or a piece of the pill of a Citron confect, or a ſpoonfull of the iuice of Citrons dreſſed as we will declare hereafter, and to vſe of it at meales, in manner of a ſawſe, and after meales to vſe of the ſeed of Citrons confect in ſuger, as they make the Coriander and almonds, which is a thing very good againſt all manner of venom and poiſon. And likewiſe at your meales, to eate the white and the inſide of a citron, with a little ſuger if you will, and to eate it with fleſh or bread (as men eate lemons) in the morning, at none, and at night

when

when ye goe to bed. It should be also verie good to bathe and wash your hands, your temples, your poulses, and your nose with vineger roset or with other, whereunto you must put a little Campher, rose water, Lignum Aloe, Xiloballamum, if you can get it, if not a little Sinamon in stead of it. It is good alwaies to keepe such manner of vineger beside you, in some vieil, for to vse of it when time shall require: for it is a verie good preseruatiue: and if you cannot haue the vineger compound as is said, vse vineger of common Wine. And it shall be good to carry about you some perfume, or good odour either in your gloues, shirt, handkercher, cap, Beard, or to hang about your necke, or otherwise. Your house ought to be kept as cleane and as neate as is possible, not sauouring of pisse, nor other ordure: ye ought to keepe it shut, washing often the gutters & priuies. Ye must also kéep as fewe foule and stinking clothes in your house, as is possible. Rich men ought oftentimes to perfume their houses with some notable perfume, whereof we will put in this parte hereafter a good number. Poore men maie make prouision of leaues, and of the wood of a Baie tree, of rosemarie, Iuniper, cipres, and to vse it as often as they maie, burning it in the middest of their chamber or house, and principally at night, and in the morning. Likewise of Orenge and lemmon pilles, or other sweet smelling thinges. Storax Calamita and Labdanum bee good cheape, and very good for this purpose. As concerning the disposition of courage and minde, ye must consider, that sorrow, sadnesse, and melancholie, corrupt the bloud and other humors, weaken the heart, and deprane and hurt Nature, therefore ought a man to auoide them as much as is possible. And if a man be to merrie, or iocunde, it dilateth and enlargeth the poares, and passages of the seede of man, and the harte: so that hee is the more enclined to receiue the euill aire and venom, which are thinges that penetrate, and pearce sore. Also a man must beware of drinking too much wine, for it maketh merrie, and chaungeth a man out of mea-

sure

ſure. Now becauſe that in time of a peſtilence euerie man is afraid, ſo that he thinketh that a man cannot catch the diſeaſe in being too merrie (vnleſſe it be ſo that he be drunk, as is ſaid) but contrarie in being too ſad or ſorrowfull: for ſorrowe and ſadneſſe come of themſelues, not ſought after: Therefore it is good to vſe temperance and moderation, walking and recreating himſelfe honeſtly, not vſing too much carnall companie or copulation. And aboue all a man muſt haue alwaies a ſure hope and confidence in God, euer to be readie and diſpoſed to die, when it ſhall pleaſe him to call vs: not eſteeming ſo much this mundane life, or fearing ſo much death, which is none other thing then an iſſue, or departing out of this life, full of calamities, and an entering into eternall life, repleniſhed with all ioye, ſolace, and pleaſure.

To dreſſe and order the iuice of Citrons, for to vſe of it, as is aforeſaid.

TAke the iuice of Citrons, as much as you will, and put it in a panne leaded within: then adde to it two vnces of ſkummed Honie for euerie pound of the ſaid iuice, a little ſuger after your diſcretion, a little Sinamon in ponder. Let this boile aberie little while together, and then keep and take of it before your meale, and at your meales, in ſtead of ſauſe, which is a verie good remedie, as well for to preſerue a man againſt the infection of the aire, as to driue it awaie after he is infected with it. It is alſo a verie good medicine for to take aſwone as a man doubteth to haue receiued ſome poiſon into his bodie.

To

To make oyle Imperial, to perfume the haire or beard of a man, to rub his handes or gloues with, and to put also into the Lee or water wherein princes or great mens clothes be washed: and this oyle may a man make with cost enough, & also with little charge and expence.

TAke half an vnce of Ambergrise, which men vse to perfume withall, and cut it as small as you can, Styrax Calamita fat and gummy eight vnces, the which also you shall cut very small, and put in a viall or glasse, with two pound of rose water, two pound of oyle of damaske roses, fyue Cloues lightly or slenderly beaten, halfe a quarter of an vnce of fine Sinamon: then hauing well stopt the said vessell with a little ware, you shall wrap it in some linnen cloth, and so laie it vnder hot dung, leauing it there the space of eight daies. Then after you shall poure it into a vessell leaded within, making it seeth with a small fire the space of two houres, and then taking it off, let it cole: this done, you shal gather and take vp with a golden or siluer spone, or with some peice of glasse, all the oyle that shall swim aboue, and hauing put vnto the same as much Muske and ciuet as you will, you must kepe it in some viol, and set it so in the sunne certaine daies, hauing first wel stopped the viall with ware and parchment. Then shall you haue a pretious licour to smell vnto, and to comfort the braine, to withstand the corruption of the ayre, and therfore verie good in time of pestilence. And the Amber, Styrax, & other things that remaine in the bottome of the said vessell, that you boiled all in, will be exceeding good to make musk or swet bals, to laie among clothes or Linnen, to carrie in mens handes, to make beades of, or to burne in a chamber in stead of perfume. Now he that would make the said oyle with lesse cost,

may

may make it without muske or Ambergriſe, or elſe put leſſe in, it then we haue ſpoken.

To make oile of Ben with ſmall charge, the which of it ſelfe will be odoriferous, or ſweet in ſauour, and very excellent, whereof perfumers doe vſe aptly for to perfume gloues, or other things withall.

That which our moderne and late perfumers do cal Ben, are little nuts, which the Latine men doe call Nux vnguentaria, the Greeks Balanos Myrepſia, or Myrobalanos, and the Arabians Ben. Of theſe little nuts is taken an Oile as ſweet as of Almonds, and other like things. Now this Ben hath two properties which are of great importance, and neceſſarie for them that will perfume. The one is, that it hath in it ſelfe no odour or ſauour at all: wherefore it changeth not, nor diminiſheth the ſauour of the muſke or Amber, which it would do if it had any particular odour. The other is, that it is of a long continuance, and corrupteth not, or becommeth almoſt neuer mouldie or putrified, as al other oiles do in ſhort ſpace. The perfumers temper the muſke and the Amber ordinarily with this oile, when they will perfume gloues, or make other mixtions: but there is one inconuenience, and that is, that the ſaid pouders tempered with the ſaid oile, and reduct into paſte, are not ſo piercing, nor doth the ſauour continue ſo long, as if they were more penetratiue or piercing. Wherefore if you will make the ſaid compoſition perfecter, take the ſaid little nuts of Ben, and when you haue made them cleane, breake them in foure peeces, and lay them vpon a cleane and fine Sieue or Serce: then take Muſke, Amber, and Cinet, as much as you will, in a veſſell ſuch as perfumers vſe, and put to it three or foure drops of faire water: after this, temper it with a little roſe-water, vntill it be like tender and ſoft paſte: then ſet the veſſell for to perfume and ſmoke vpon the fire, like as men perfume chambers; and for that all the fume and ſmoke be re-

cerned the yelow the said Nuts. This done, you shall take out of it the oile, which wil be very excellent, as well to vse alone by it selfe, as to perfume gloues and all other things.

To make an odoriferous and sweet water, very good.

TAke twelue pound of Damaske rose water, Lauender water, Cloues, Sinamon, of each of them a dragme, Mace, great Cardomomum, Muske, Amber, of each of them halfe a scruple, vnce pilles of Citrons, Sandalum Citrinum, Irco, of each of them halfe a dragme, Bengewine, Storax Calamita, of each a scruple, and of all this make a composition, the which you shall put in a bellell of glasse well stopped, leauing it so by the space of fiftene daies. Afterward let it be distilled in Balneo Mariæ, the maner whereof is prescribed before in this part, and the water that shall issue out of it, put in a viall well stopt in the Sunne, the space of fiftene daies, and then shall you haue a water of great excellencie.

The second odoriferous water.

TAke the leaues of damaske roses, the fresh leaues of gilliflowers, of each of them a pound, the flowers of rosemarie, the flowers of Lauender, the flowers of Iasemin, Maioram, Saunde, Serpine, or Serpille called wilde tyme, which groweth on old walles, ouer wels and ponds: and in some places it smelleth like Tyme, and in some places like to Saunde: it is called in Latine Serpillus, or Serpillum, in French du Serpolet, of these three vnces, of vnce Citron pils an vnce. After this, Sinamon, Bengewine, Storax Calamita, of each of them two dragmes, Nutmegs, Macaleb, of each of them a dragme: but you must stampe well the hearbes, and braie the spices wel, then put all together in an earthen pot leaded, and after it hath stood in the sunne by the space of two daies, distill it in Balneo Mariæ. And to the water that issueth out, put a scruple of fine muske, letting it stand afterward in a viall of glasse well stopped, by the space of twentie or thirtie daies, then shall you haue a notable water.

The

The third sweet water.

TAke fiue pound of Damaske rose water, a glasse full of Malmesie, three pound of Damaske rose leaues fresh and new, Lauender flowers, the flowers of greene Spike, of each of them foure vnces, the flowers of Cheriolle, of Cheruille, flowers of Iasemin, the flowers or blossomes of Blue trees, of each of them a pound and a halfe, the drie flowers or blossomes of Orenge trees three vnces, of the drie pilles of Citrons foure dragmes, Cloues a dragme and a halfe, Cinamon, Storax Calamita, Bengewine, of each of them two scruples, Nutmegs a scruple. Let all the said spices first be well beaten into pouder, and then put all together into a viall well stopt, by the space of ten daies: then after let all be distilled in Balneo Mariæ. And to the water that commeth put aude Muske and Ambar, of each of them a scruple and a halfe. You must keepe it in the Sun, and in some hote place.

The fourth sweet water.

TAke Cloues well beaten in pouder two dragmes, the pouder of Sandalum Citrinum, and Macaleb, of each of them a scruple, ten pound of Damaske rose water, and the water of the heat he that the Italians call Stolcatella foure pound, Lauender water a pound. Let all this be left together by the space of foure daies, and then put it in a Limbecke, and distill it. Vnto this water that commeth of it, let these spices following be put well beaten to pouder, that is to say, Cloues, Cinamon, Bengewine, Storax Calamita, of each of them halfe a dragme: and then againe distill it in Balneo Mariæ. Finally, you shal put to it Muske and Ambar, in all halfe a scruple, and let the water be kept in a viall or other vessell of glasse well stopt.

The fifth sweet water.

TAke foure pound of Damaske rose water, Lauender water, Spike water, of each of them three vnces, the water

of blossomes of Limons, or Orenges, the water of the blossomes of a Pirtle tree, blossomes of Iasemin, of Paiozam, of each of them halfe a pound, Storax Calamita, Bengewine, of each a dragme, muske halfe a scruple. Mingle well all together, and keepe it in viols well stopt five daies. Then distill it in Balneo Mariæ, and keepe the water in a vessell of glasse, by the space of fifteene daies in the Sunne, and afterward reserue it for to serue your turne when you will occupie it.

The first odoriferous water.

TAke fresh flowers of rosemarie 2. pound, Amber a scruple, 3. pound of the water of the flowers of Orenges, Limons, and Citrons, all confusely together, which the Frenchmen call Eau de Naphe, leaue all together in some vessell well stopt ten daies: then the water being distilled in Balneo Mariæ, let it be kept in a viall of glasse very close, and stopped.

The seuenth sweet water.

TAke of the foresaid water of Naple foure pound, Damaske rose water, two pound, with halfe a scruple of Amber. All these things being well mixed together, and put into a viall of glasse well stopt, leaue them in the Sunne by the space of a moneth, and then kept them to occupie at your pleasure.

The eighth odoriferous water.

TAke foure pound of Damaske rose water, with three pound of Lauender water, the flowers of Iasemin three pound, with halfe a scruple of muske Paste. Keepe well all this together in a vessell well stopt, by the space of ten daies: and after distill it in Balneo Mariæ, vntill all be come out. Then keepe it in a viall of glasse for your vse, when you shal occupie it, and you shall finde it a maruellous water.

The

The ninth ſweet water.

TAke the péles of Orenges, and of grene Citrons, of each of thē halfe an vnce, cloues a ſcruple, the flowers of ſpike newly gathered ſix vnces. All theſe things muſt be mixt together, as afore is ſaid, with ſix pound of Damaſke Roſe-water: and after they haue ſwet certaine dayes in ſome couered veſſel, you muſt ſtil them in Balneo Marię. And the water that ſhall come out of it, wil be very excellent.

The tenth odoriferous water.

TAke two pound of the leaues of damaſke roſes, Macalcb halfe a dragme, halfe a ſcruple of good Amber: and hauing firſt beaten that which is needful, ſet all vpon hot imbers two or thrée dayes: but before you diſtil it you muſt let it ſtép ten dayes in ten pound of the water of Damaſke roſes, and ſo then diſtill it in Balneo Marię. The water of it muſt afterward be kept in the Sun, the ſpace of fifténe dayes.

Oyle of Orenges verie excellent.

TAke a pounde of ſwéet Almonds well pilled, the flowers of Limons or Orenges, as much as you will, the which you ſhall diuide into thrée equall partes: after this, you ſhall lay the third part of the ſame flowers abroad vpon a verie white Linnen Cloth in a Siue, ſtrewing alſo abroad vpon thoſe Flowers halfe of the ſaid Almonds, the which you ſhall couer with an other third part of the ſaid Flowers, and then the reſt of the ſaid Almondes, the which you ſhall couer finally with the reſt of your Flowers, ſo that the Almondes may euermore bee in the middle of the Flowers in the ſaid Siue, and ſo leaue them together, by the ſpace of fiue dayes, renewing and changing euerie daie the flowers, and then the Almonds. This done, you ſhall beat the Almonds in a Morter, and preſſe them in a faire white Linnen cloth, in a preſſor, vntill there iſſue out a verie

cléere oyle, whereunto you shall adde a little Cinet, Muske and Bengewine. Afterward leaue it in the Sun eight dayes in some vessell well stopped.

Oyle of Iasemine and of Violets.

TAke sweet almonds wel pilled and braied, the flowers of Iasemine almuch as you will, and laying them ranke vpon rank, you shall leaue them in some moist place tenne dayes together or more, then take them away, and presse out the oyle in a presser: the vertue of the which oyle serueth for diuerse thinges. In the like manner may you haue oyle of violets, and other flowers.

Oyle of Nutmegs verie perfect.

TAke Nutmegs of the best you can find, and according to the quantitie of the oyle that you will haue, and hauing cut them in small peeces, you shal put to them as much Malmesey, as will couer them ouer in some vessell of glasse, or other, leauing them so the space of three dayes. Then take the cut, and set them to drie in some cleane place, by the space of two dayes. Finally, heat them at the fire, sprinkling them with rosewater. Then presse them, as is before mentioned, in a presser, and you shall haue out of them an excellent oyle, good for many thinges, which must bee kept in some cleane vessell well stopt.

Oyle of Bengewine.

TAke six vnces of Bengewine well beaten into pouder, the which you shall let dissolue a whole day in oile of tartre, and rosewater, of each a pound: and then with a close pipe, ye shal distill it through a Limbecke, & so kéep it as a thing most excellent.

Oyle of Storax very excellent.

IN like manner is made Oyle of Storax. Take Storax Liquida, what quantitie you will, and put it in rosewater

two

two or three daies, then distil it as the Bengewine was in the manner aboue said. First, there issueth out water, and then very excellent and pretious oyle.

Oyle of Mirrhe, good for them that haue their flesh full of humors, and carraine leane, for to make it tractable, quicke, naturall, and strong.

YE shal take egges hard rosted, and cut them in the midst, take away the yolke, and fil them vp with mirrhe beaten into pouder, and put them in some moist place where the said mirrh may dissolue into oile by little and little. This oile maketh not only the face or other parts of the body soft and tractable, but also taketh away all cicatrices and skars.

The manner to make that Oyles shall neuer wax mouldie nor putrifie.

TAke for euery pound of oile two grains of salt, one grain of the filing of Copper, or Brasse, as much roch Alum as salt, and boile all the said things a little together in Balneo Mariæ, then straine it out, and let it stand eight dayes in the Sun. And then keep such oile as long as you wil, and feare not, for it will neuer diminish, putrifie, nor corrupt.

Powder of Iris.

TAke Iris eleet, what quantity you wil, and temper it also wel with rose water and lay it then abroad vpon a Sine couered. This done, take Storax Calamita, Bengewine, of each of them halfe an vnce, beat them well into pouder, and make thereof an infusion into a glasse of rosewater, & hauing powred it vnder the said Sine, well couered round about, ye shal afterward seeth it vpon the embers. And so the Iris waxing clean & dry, receiueth the perfume of the other substances. This pouder will be excellent, to giue an odour vnto clothes or garments, & all other things.

Powder of Violets.

TAke Iris, knops of Roses, of each a pound, pilles of Citrons dry foure vnces, Gilleflowers, Sandalum Citrinum dry Lauender, Coliander, of each of them two vnces, Nutmegs an vnce, Maioram dried, Storax Calamita, of each of them an vnce and a halfe, Bengewine elect six vnces. Beat to pouder, and sift finely all the said thinges, and the pouder shalbe made: the which you shal kep in a viall of glasse well stopt, that it take no vent.

A powder to put in little bags.

TAke Sandalum Citrinum a quarter of an vnce, pouder of the best Bengewine that may be gotten, Iris of each of them an vnce, and boile them in Rosewater enough: thē take burned Alome and well sifted, twelue vnces, let it lie in the said water, and make pils or little bals, flat at both ends, of the bignesse of Peason, or bigger, the which you shall drie in the shadow: and afterward beat them into pouder, and sift them againe, and then it is made. But if you will haue it musked, take Amber and Muske, each of them foure & twentie graines, Ciuet eighteene graines: and mixe all this together, fill it with little bags of linnen cloth Taffata, or other silk, the which you may lay among cloths, or other garments: a thing very excellent.

Powder of Cypres.

TAke a little Hearb that groweth and is found vpon the stocke or stump of Walnuts or Okes, which is like little haire, and must bee gathered in Januarie and Februarie, when the weather is drie, dry it, and then wash it with faire Riuer or Well-water, and dry it once againe in the shadow, and hauing washed it so three or foure times, you shall put in Rosewater, by the space of an houre: after beat it into pouder verie small, and sift it, but the fine whereon you must strow the said Pouder, must bee alwayes sprinkled

led a little with Rosewater, couering it well, to the intent it take no manner of vent: and after this you muſt perfume it with these things following, that is to say: with Bengewine Storax Calamita, of each of them two vnces, of the ſweet perfume called Thymiama, a dragme, Lauender halfe a dragme, Lignum Aloe, a quarter of an vnce. Beat each thing by it ſelfe groſely, and then mingle them together, and diuide them in foure partes, whereof one part muſt bee ſet vpon the Furnace in a veſſell within the Siue, leauing it there till all bee conſumed, and doe ſo with all the foure parts, vntill all the ponder of the ſaid perfume bee burned. But you muſt take heed that the pan, diſh, or other veſſell, wherein the ſaid powders ſhall be put for to be brent, be ſet vnder the ſiue, where your powder is, and that the Siue bee well couered, that nothing vent out, ſo that the ponder in the Siue may receiue all the ſaid perfume. Then after take an vnce of the ſaid powder, and mixe with it by little and little ſix graines of Ciuet, and ſix twentie graines of fine Muſke wel beaten together in ponder. This ponder muſt be kept in a viol, or other veſſel of glaſſe very cloſe, to the intent it take no vent, and muſt alſo bee ſet in a dry place. This is the moſt excellent ponder that a man can make. It is very true that out of Cipprus and the Eaſt parts, men bring to Venice certaine round bals of a yellow colour, which they call Burri, of an Ile nigh vnto Candie, called Bucra, and ſay that it is ore dung taken by in May, and diuers time ſprinkled and watred with roſewater, then dried and finally made into round bals, the which the perfumers doe buy, and without any more perfuming then in a Siue, they adde vnto it Bengewine, Muſke and Ciuet, more or leſſe, according as they will make it good.

White musked Sope.

TAke Sope that is ſcraped or grated, as much as you will, the which (when ye haue well ſteped and tempered in Roſewater) leaue it eight or nine dayes in the Sunne:

Then

Then you shall adde to it an vnce of the Water or milke of Macaleb, twelue graines of Muske, and six graines of Ciuet: and reducing all the whole into the maner and forme of hard past, you shall make thereof verie excellent bals.

Another kind of odoriferous white sope.

TAke Venice sope, of the oldest you can find, the which you shall cut or scrape with a knife, and set it three dayes in the Sunne: and after hauing well brayed it, you shall dissolue it in a bestill leaded within, with a pound of good Rose-water letting it boile with a soft fire, then you shall put to it of the root of Iris, called Ireos, beaten into pouder foure vnces Amilum six vnces, white Sandale two vnces, Storax liquida an vnce, oile of Ilike an vnce, and stirring it alwayes with a stick, ye shall afterward let it coole againe. And finally make bals of it, euen as you will.

To make Damaskine sope musked.

TAke a pound of the best sope ye can get, & after hauing grated or scraped it very smal, take fine Sinamon, nutmegs, Storax Calamita, of each of them an vnce, Lignū Aloes two dragmes, Bengewine perfect and throughly made two vnces, the pouder of violets an vnce. Hauing beaten wel to pouder all these foresaid things, you shal adde vnto them a dragme of the pouder of Cipres, a little muske and Ciuet, then steep and temper it in rosewater, and after leaue it fortie dayes in the sun, in mouing & stirring it oftentimes. Then make bals of it, or little round loanes', the which you must kéep in boxes of wood with cotton, wool, or bombase.

To get out the milke of Macaleb.

BEcause the vse of milke of Macaleb hath béene put in many compositions, as we haue said, wee will teach you the manner how to get it out, which shal be this. Take the Macaleb, which are litle sweet and odoriferous grains so called, the which you shall stampe in a morter, with rosewater, or some other

other ſweet water, vntill they be like a ſauce, and hauing put them in a poke of Linnen cloth, you ſhall preſſe the milke out of them in a preſſor, or betweene two little bordes. Then braie againe with the ſaid water that which ſhall remaine in the poke, and preſſe it anew, vntill there iſſue no more milke. But here I muſt aduertiſe you, that the Milke continueth not aboue two or three dayes: therfore you muſt immediatly put in effect, and occupie it.

Powder of Ciuet verie exquiſite.

TAke Sugercandie what quantitie you liſt, and put it in a braſen morter: and after you haue well beaten it, adde to it as much Ciuet as you will, and make thereof pouder, the which you muſt kéep alwayes cloſe.

A principall powder.

YE ſhal take Damaſkine roſes, Cipri Alexandrine, Sandalum Citrinum, of each of them an vnce, Iris halfe an vnce, Lignum Aloes, Calamus Aromaticus, Galanga, Bengewine, of each of them a carret, you ſhall make of all this a very fine pouder, & incorporate it wel, képing it in a viol wel ſtopped.

A white odoriferous pouder.

TAke Iris elect three vnces, white Sandale two vnces, damaſk roſes, Lignum Aloe, Bẽgewine, Cipre Alexandrine, of each of them two vnces, Muſke foure graines, ciuet three graines: beat them apart and ſift them, then incorporate them together in the ſame braſen Morter that you did beat them in, and kéep the pouder of them in a viol wel ſtopped.

A red pouder.

YE ſhall take Damaſke roſes two vnces, Sandalum Citrinum an vnce, Lignum Aloes, Cipre Alexandrine, of each of them a graine and halfe a quarter, Iris halfe a graine or more, Cloues a ſcruple, fine muſke three graines, Ciuet two

two graines, Amber two graines: bray them and mix them together, and so keep them.

A blacke pouder.

TAke Cipri Alexandrini, Lignum Aloes, of each of them halfe an vnce, Sandali Citrini, Damaske Roses, Labdani Terreni, of each of them a quarter, Cloues a graine, and a little more, Muske three graines, Ciuet two graines, beat them in pouder, and keep them.

A powder of Cypre very exquisite.

TAke a pound of the mosse of an Oke, and wash it wel in faire water, vntil the water remaine cleere: then lay it abroad vpon the table in the Sunne vntill it bee dried: after sprinkle or water it with Rosewater: And hauing left it so couered in a dish or platter, you shal lay it abroad againe in a very hot Sun: when it is dry enough to beat, beat it into pouder, and sift it finely almost all: you shall sprinkle or water this pouder, with muske, rosewater, and lay it abroad vpon a great Serce, turned downward good, & thick, and somewhat course, vnder the which Serce you shal make a perfume as followeth, couering it with a cloth, which shal bee thus: Bengewine two Carrets, Labdani halfe a Carret, Storax Calamita two Carrets: Lignum Aloes halfe a carret, fine musk halfe a graine. Beat all these things grosly, and after mix them together, then put by little and little the pouder vnder the Serce in some potsheard, with a little fire in it, and cast it in as you would doe Frankencense, laying at euery time vntill the first part (first cast in) bee consumed. Now all the said perfume being done, if you will make the said pouder very fine and exquisite, vnto euery vnce adde these things following, Bengewine a Carret, muske foure graines, Ciuet two graines, beat these by themselues very small and fine, and mingle them with the said vnce of pouder, so that all may be well incorporated together: then keepe it wel for it is notable and singular.

An

Another way to make it very perfect.

TAke the recent and freth dung of an Ore, & drie it in the Sun or in an Ouen, then beat it & sift it, sprinkle it wel after with rosewater, and leaning it so in a vessel, the space of twelue houres, dry it againe in the Sun. And when it is dry, bath it againe with rosewater, and dry it againe, and doe it so three or foure times. The last time you shall water it or bath it somewhat more than the other times, because it may cleane to the bottome of the vessell, which must bee wel leaded within and verie cleane, after this you shall remoue and stirre it wel, and perfume it with some perfume, that the other foresaid pouder was perfumed with. Then hauing perfumed it diuers times, you shall let it dry in the said vessell, taking heed also that it take no vent. And after it is wel dryed, stamp it and sift it anew againe, and then keepe it in some violl: and if you will make it verie fine, take an vnce, of the said powder, three graines of fine Muske, foure Carrets of Bengewine, two graines of Cluet: dray and incorporate all well together, and keepe it.

A sweet and odoriferous powder, very excellent to lay in Chests and Coffers.

TAke the buds of Roses as many as you will, & dry them in the shadow: then set them abroad when the Sunne is most hottest in a cleane vessell, putting to thē such a quantitie of rosewater as wil bear them vp, & stirring them wel, leaue them in the Sun (couered with a linnen cloth) vntill it be hot. And when they be dry and haue drunke vp all the rosewater, take for euery pound of roses, ten graines of Muske, & a quarter of fine violets beaten smal into pouder, in putting to them by litle and litle of the said pouder, and mixing all well together, vntill they begin to be incorporated: but before you put in the said pouder, dreane and poure out the water of the said vessel, that there remaine not a drop in the bottom.

This

This done, lay the said Roses abroad in a basen of copper or of braſſe which is better, and let the said basen bee plaine and euen, not embossed, and set them in the Sunne when it shineth most hottest, couering them ouer so that neuer the lesse they may drie, then make a pouder of them and keepe it, and if you will giue a sweet odour or sauour vnto your garments, take the said roses so dried before you beat them in pouder, and put them in some little linnen bag very fine, which you may lay in your coffers, or where your apparel lieth.

An odoriferous and sweet powder.

TAke the buds of red Roses and braie them in a morter, as though you would haue the iuice out of them, then set them in the hot Sun, sprinkling them with Rosewater, and so water them and drie them again oftentimes, and then make of them a pouder, the which you shal perfume with the pouder of Cipres as the other aforesaid, and keep it in a viol.

Oyle of Bengewine.

TAke Bengewine as much as you will, and late it vnder a dunghil in a viol or glasse wel stopped (so that it take no vent) by the space of fiftene or twentie dayes, then strain it and kep it in a viol, for it is a singular and daintie oyle.

A very good and odoriferous powder to carrie about a man, or to lay in coffers.

TAke foureteene vnces of Roses newly dried, fine Cloues two dragmes, the seed of Spike a dragme, Storax halfe an vnce, fine Sinamon halfe a dragme. Wray them and keepe them in a viall well stopped, you may also put to them if you wil, two graines of fine muske, Ligni Aloes halfe a dragme.

Bals against the Pestilence or plague, which also giue an odour vnto all things.

YE shal take Storax one part, Labdani one part, Cloues halfe a part, Campher at your discretion, but lesse than

any

any of the other ſubſtances, of ſpicknard a good quantity, & of Nutmegs alſo: of all this make paſt, with roſe water, in the which you ſhall temper Gum Dragant, and Gumme Arabick, ſtirring and braſing them well. Of this paſt you ſhal make bals to hold in your hands and to ſmell vnto.

A Princely licour.

TAke Muſke, Ambergriſe, Ciuet, of each of them foure graines, bray all together, and incorporate it with a little oile of ſweet Almonds, and make thereof a licour, which you ſhall kepe in a veſſell of Iuorie well ſtopped, and vſe of it as you vſe Ciuet.

Liquid and ſoft Sope of Naples.

TAke ſtrong lie, with two parts of the aſhes of the Wood of the tree called in Latine Cerrus, the which is a kind of Tree like a Poplar, having a ſtraight long ſtem, bearing a kind of maſt, rough without like a Cheſtine, and one part of Quicke lime, and make it ſo ſtrong, that it may beare a new laid Egge ſwimming betweene two waters. Take eight potfuls of this lie very hot, a potfull of Deares greaſe or ſuet well ſtrained and cleane: mingle them and ſet them vpon the fire, but ſee that they ſeeth not. Put all in a great veſſel leaded within, having a large bottom, leauing it in Summer in the Sun, and ſtirring it foure or five times in a day with a ſticke: and note that you muſt ſet it in the day time in the Sun, and in the night time in the Ayre abroad, ſo that it doe not raine, continuing thus the ſpace of eight dayes. Let it waxe as firme and as hard, as you will, ſo that it remaine neuertheleſſe in the forme of paſt, and the older it is, the better it will bee. Then afterward take of this Paſte or Paſt as much as you will, and put it in a veſſel leaded, ſtirring it well with a ſtick, & adde to the ſame as much fine muſkroſe water as you will: kep it eight dales in the Sun, ſtirring it two time

to

to time, as is aforesaid: and if it war to hard, put rosewater to it, in such quantitie that it be neither to hard nor to soft: & fill as many little boxes withall as you will.

To make the said Sope musked.

TAke fine muske as much as you list, beat it in a brasē morter, putting to it rosewater somewhat warm & hauing mixed them wel together, put them in the vessel where the sope is, mingling them well together, and let them stand a while, and then fill litle boxes with it at your pleasure.

Very excellent Muscardines, which eaten cause a sweet breath.

TAke gum dragant steped and temperd in rosewater, vntill it be soft and white, make thereof as it were past, and take of it the bignesse of a Hasel-nut, bray it in a brasen morter, putting vnto it a little ponder of good sugar and halfe a graine of fine musk, steped and tempered in rosewater, mixe all wel together. And if you wil haue it better, put to it more musk and sugar, and then as much mace beaten in ponder, as will lie vpon a pennie, and mixe it againe well together, then put to it a little of the meale or flower of Amilum beaten into ponder: but it were better to put in red sandale, wel broken in sunder, indifferently, and to put it in by little and little, so much that a man may make of it conuenient past, the which you shall cut after your fantasie, and dry it in the shadow. And if you wil haue it of diuers colours adde to it such colours, wet ground as you please. Prouided, that they bee colours, wherein there is no poyson nor danger: you may also gilt or couer with siluer the said peeces, as men doe confiture, and they will be very good and of the best making.

Another very excellent and princely Muscardine.

TAke Gumme Arabick fiue vnces, fine Suger foure vnces, Amilum three vnces, and for each vnce of these aforesaid

said things ten graines of fine muske, which will mount in the whole to a hundred and twentie graines, and then it will be perfect.

Dentifrices or rubbers for the teeth, of great perfection, for to make them cleane.

YE shall take pouder of redde Coral all foure vnces, of the shardes of Daley pots two vnces, of cuttle bone an vnce, of a Pumeise stone an vnce, Cloues, Synamon, and Mastick, of each of them a dragme, Pearles stamped halfe an vnce, Dragons blood an vnce, fine muske three graines, stampe well the whole and sifte it through a fearce, then mingle it well together and incorporate it with Gum Dragant tempered and steeped in rose water, make all into lowghe or paste, and make thereof Dentifrices to rub your teeth with, to make them white, wherewith you shall not onelie make them very faire, but also preserue them from putrifaction.

Oyle of Bengewine odoriferous.

PVt a pounde of Bengewine well beaten in pouder into some short and wide vessell, so that you maie put in your hande, then put to it two pound of Rosewater, and mixe all well together, and couer it with a Limbecke or Alimbique of glasse, well bound with a linnen cloth, and all the ioinctes and sides well stopt. Giue it at the first a little fire, vntill all the water be drawn out (and this is the water that we spake of before) and afterward encrease your fire by little and little, and then you shall see the oyle come out, and incontinent set vnder another cleane recipient to receiue the oyle, and make vnder it a great fire, to the intent that all the oyle may come out, the which being all distilled, there will come forth a certaine gum, like vnto Manna, the which will be verie good to keepe. And when you will make sweet odoriferous water, take a viall full of cleane well water, and put into it a lit-

tle of the said gum, and it will make it smell swéte, but you must stirre it well. If you will haue it better, take rose water, and not well water.

Oyle of Storax Calamita.

TAke Storax Calamita, as much as you will, with such a quantitie of Rosewater as pleaseth you, and put it in a large pot, not closing the iointes fide, but let the limbecke be a little at one fide, to the intent it maie take aire, and alter not the fire, but kéepe it according as you shall see shal bee needfull. And when the oyle commeth, change the recipiente, and then make a greater fire, and receiue the oyle, and kéepe it for it is a singular and daintie thing.

To make oyle of Labdanum.

TAke fine Labdanum, and mundifie it wel, and doe with it as you did with the Bengewine: but if you will haue it otherwise, you may take as much as you wil of it, and hauing broken it in small péces, put it weate into a vessell of braſſe, putting to it a pound of rose water, and halfe a pound of the oile of swéet almonders, couer well the vessell with his couer, and stop it with linnen cloutes plaistred ouer with claie or other mater, letting it so to drie: then afterward set it vpon a little fire, that it may boile faire and softlie two or three houers. This done, you shall take it from the fire, and let it cole before you vncouer it: then take it quicklie out, and put it in a vial. And (to the ende to preserue it the better) put to it a little roche alum burned, or else a little Ambergriseke when you will put it in the vial, you must put it in as clear as is possible.

Oyle of Nutmegs.

TAke what quantitie of Nutmegges you wil, the which well broken into péces in a mortar you shall put into a large or wide vessell, pouring vppon them a little Aqua vitæ, so that the Nutmegges mate be thoroughly wette. Let them stande so two or three dates, in stirring them sometime, and

and turning them vpside downe, and se that the said vessell be well stopped, then adde to it as much rosewater as will be aboue the Nutmegs, two or three fingers highe, and couer them with the Limbecke, closing it well. Distill them at the first with a small fire, vntill all the water be come out: then change the recipient and augment the fire, so much till you cause the oile to distil out, and when you se that all is almost come forth, make your fire very great, and kepe the said oyle in a viall.

An other manner.

TAke a pound of Nutmegs, the which being well broken in peeces, you must put in a new vessell of earth well leaded within, then poure vpon them malmesie, or some other wine, vntil they be all couered, & that the wine be aboue the nuts two fingers high. After this you shall put to it at the leaste two pound of fresh butter and mingle al together, stopping or couering well the vessell, & leaue it in the heate of the sunne in some pan, or in some other hot place, by the space of foure or five daies, then boile it vpon the hotte coales with a small fire, vntill the wine be consumed, then straine it through a new course linnen clothe before it be coole. This done, set the oyle certaine daies in the sunne, in a viall of glasse, vntill the thicke substance bee descended to the bottome: Finally straine it so againe through a new course linnen clothe, & put it in an other viall, and so kepe it.

A very exquisite sope, made of diuers thinges.

TAke Alumins catini three vnces, quicke lime one pert, strong lie that will beare an egge swimming betweene two waters three pottes, a pot of common oile, mingle al wel together, putting to it the white of an eggs wel beaten, and a dishe full of the meale or flowre of Amilum, and an vnce of Romaine or blewe vitriol, all beaten into pouder, and mix it continually for the space of 4. houres: then let it stand

by the space of a daie, and it will be right and perfect. Finallie, take it and cut it in peeces: after set it to drie two daies in the wind, but not in the sunne. Occupie all maner of this sope, when you will wash your head, for it is verie wholesome, and maketh faire haire.

Sope with Ciuet.

TAke of the saide sope as much as you will, and sette it a while in the sunne in Rosewater, putting to it the pouder of Ciuet, and mixing it well. And if you adde to it also muske, it will be the better, so that the muske haue beene before steped and tempered in rosewater.

Sope with diuers sweet and excellent oyles.

TAke of the foresaid sope which hath stood a while in the sunne in rosewater, and put to it a little of the oyle of Benge, wine, or of some other odoriferous oyle, and mix it well: but you must put in of the oyles reasonablie, neither too much nor too little, but with discretion, according to the quantitie of the sope.

Sope roset.

TAke fresh and recent roses well stamped, and incorporate them with the said sope, as before, the which you may also doe at your pleasure of all other sorts of flowers.

White sope of a good sauour and odour.

HAuing cut (after the manner of Damasco) in small peeces the aldest sope that is possible to be found, you shall laie it abroad upon a table, in a place where it may drie: then being left it there the space of eight or ten daies, you must afterward stampe it lightlie or searcelie, and make thereof a pouder: and then the same beeing sifted, you shall adde thereunto foure unces or thereabout of Irco, upon ten pounde of the said pouder, white Sandale three unces, two drees of

Macaleb

Macaleb, an vnce of the meale or flower of Amilum, and all well beaten into pouder, you shall mixe it with ten pound of the pouder of the aforesaid Sope: then all being ioyned together, you shall put it in a mortar, with a vnce of Storax Liquida, and a Walnut shell full of the Oyle of Spike, and hauing well stamped it altogether, it shall be made. Then afterward make balles or square cakes of it, as you will, with the meale or floure of Amilum, then drie it in the shadowe, and keepe them, for it is a thing very excellent.

Perfect Sope.

TAke fiue graines of muske tempred and steeped in good rosewater, foure graines of Ciuet, reduced & beaten into pouder, and mingle them with the said sope, but the tempred or steeped Muske must be hot, and by this meanes you shall haue a very perfect sope.

Whole and massie blacke Sope.

TAke ten pound of the said pouder of Sope well sifted, Cloues foure vnces, of good mace two vnces, Damaske Macaleb, Cyperus, which the Apothecaries call Iuncus odoratus, Sandali Citrini, Storax Liquida, of eche of them an vnce, sweete oyle as much as shall suffice, and hauing stamped that which ought to be stamped, make of it as is aboue said. But if you will haue it more singular, put to it the muske tempered in rosewater, as afore, with a little Ciuet: after incorporate wel al together, and make therof balles or square cakes, or herbes, or such other formes as you list to make your self: then drie them in the shadowe: and so shall you finde them of a singular good odour and sauour.

Damaske perfume.

TAke fine Muske foure graines, Ciuet two graines, Ambergrise, fine Sugre, of eche of them foure graines, Bengewine a graine, of fatte Storax Calamita three graines, Lignum Aloes two graines: beate them well in pouder, and

putt altogether in a little perfuming panne, poure into it as much rosewater, or the water of flowers of orenges, citrons and limons all together, called water of Naphe, as will bee two fingers high above the other drugges, in making vnder it a small fire that it maie not boile, and when the water is consumed, you shall poure in other: and hauing continued this doing a certaine number of daies, you shall haue an excellent Sope.

An other perfume of Damaske.

TAke Storax calamita foure vnces, Bengewine foure vnces: Labdanum, Lignum Aloes, Sinamon of eche of them an vnce, Sperma ceti, a dragme, muske foure scruples, cloues a dragme, rosewater eight vnces, stampe them and put them in the perfuming panne.

An excellent sweete suet or oyntment called in French and Italian Pomada, in Latine Pometum.

TAke sixteene or twentie pepons or other sweete and mellowe apples, the which being pared and cut in quarters, you shall adde to euerie quarter foure or five Cloues, then put them in some vessell of earthe well leaded within, with as muche rosewater as will couer them ouer. Then couer them with a trencher or some other cleane thing, letting them so stande one whole daie. And after poure them all in some new vessell well leaded, putting to it foure pound of fresh Hogges Suet, well taken from the flesshe and skinne, cut very small, and well chopped with a knife: make vnder it a small fire that it burne not: then in straining it out, you shall make it droppe into some vessell of fresh and cleare water, and so purifie the Grease three or foure daies, keeping it in the same vessell, and changing oftentimes a daie the said water: for the oftener that you change it, the better you shall purge the Grease. Then take out the said Seime, the Apples, and the Rose water together, and take the Fatte oute of the vessell, straynyng it well, and addyng to it spike

it ſpikenarde, with two vnces of Cloues, an vnce of Sinamon, a quarter of Sandalum Citrinum, an vnce of Bengewine and as much of Storax calamita. Waie all theſe kindes together, & put it in a fine linnen cloth, in manner of little Purſes, but let the clothe bee ſomewhat large, & binde it well that the ſaid kindes ſcatter not abroad among the greaſe. Then make it boile with a little fire, farre off from the flame or leyt, or ſet before it ſome Tile or Brick, letting it boile ſo faire & ſoftely, foure or fiue houres, vntill all the Roſewater bee banished awaie, which maie be proued in this maner. Put a little ſticke downe to the bottome of the veſſell, & pluck it againe quickely, & put it in the fire: and if it burne without any noyſe, it is a token that there is no more water: but tarrie vntill it bee all well conſumed ſtirring it ſometyme, to the intent it burne not to, or ſmel of the burning. Beware alſo of the ſmoke, for if it take once the ſauour of it, you can neuer get it out: & when all is well ſodden, take eight vnces of white Waxe, and put it in the ſaid Veſſell, mixing all together, and let it ſo melt with the ſaid ſubſtances, the which you muſt now & then ſtirre. This done, take it from the fire, letting it ſtande and reſt a quarter of an houre, that is to ſaie, vntill the groſſe ſubſtance bee deſcended to the bottome: then poure it faire & ſoftly thorough two new courſe linnen cloathes, into a Veſſell well leaded within, wherein muſt alſo bee two Mythe-fulls of Roſewater, but take heede of preſſing it, ſo that the Lees doe not come into the ſame Veſſell (but into an other) for it would bee ſomewhat redd. Let it ſo coole vntill the nexte Morning, and when it is ſolide, harde and maſſie, diuide it into foure partes, and put it into a round Veſſell leaded, ſtirring it well with a Peſtle, adding to it by little and little good and fine Muſke Roſewater, and ſo ſtirre it vntill it bee well incorporated. Now if in caſe you ſee, that it doeth not well incorporate together, ſett it a little vpon the fire, and when it is hotte, poure Roſewater vppon it, ſtirryng it well about vntill it ware very fine

and thinne, but take good heede to the fire. And so kepe it in newe and cleane vessels.

Another sweete Pomatum of the same sort.

TAke pepons or other like mellow apples, and laie them vpon a Tyle for to bake in an ouen, then take out the core and the kernells, and make them cleane within, braying and breaking the rest, and straine it through a fine cannalle or strainer. This done, take as much fatte or grease of a Kidde as you haue apples, and straine it likewise, boyling it altogether in a newe Vessell well leaded, vntill the rosewater bee consumed: then adde to it muske, cloues, nutmegges, & such like substances of a reasonable quantitie, according to your discretion: prouided alwaies that they bee well brayed and broken in peces, as is aboue said, and boyle them in like maner aforesaid, then straine them and kepe them.

An other of the same.

TAke fresh Barrowes grease, and put it in a new vessell with Rosewater vnderneath: and whiles it melteth in the same, you shall take out that which is melted, to the ende it smell not of the fire, then put it in cold water the space of ten daies, rayling and tilting it vp every daie nine or ten times, and stirring it at eche time, changing alwaies the water. Then take of the said Apples, & purifie them cleane of their kernelles, cutting them in quarters not pared: This done laie them three daies to steepe in Muske Rosewater. Take also fifteene Cloues steeped a daie in colde Water often times renued, and putting them after in a fine Linnen clothe, boyling them in rosewater with a small fire, the space of an houre: then hauing well scummed awaie all the Mydure and filthe, put in three vnces of white Waxe, and make it for to swethe a little, and after straine it into a newe vessell well leaded, leauing it so all a Night. This done you shall take out all the white Pomatum, and because there will

remaine

remaine a little ordure in the bottome, you shall put it in a Morter, with Rosewater, and stirre it: the more you doe fener it asunder in stirring it, and put rosewater to it, the more shall you fine it: but you must see that the Morter bee cleane. Then take the tallow or grease of a young Barrow, and steepe it in colde water, leaning it so the space of fowre daies, but you must often change the water, and purifie the said grease well of all the little skinnes that is in it, veines and grissles. Take likewise twentie of the foresaid Apples, and for eche apple put in three or fowre Cloues, and having divided the apples in foure quarters, cores and all, stampe them a little. Then take the said tallowe or grease, and put it in fine rosewater, untill the said water be consumed, and after you have boiled it faire and softely, put in the said apples stamped, and make them boyle, adding to it a little fine Sinamon, Spicknarde, Nutmegges and other spices, such as you thinke good. And when it hath boiled enough, straine it thorough a linnen cloth, into some cleane vessell. It should bee wel done to put to it a little calues tallowe well purified in the maner aforesaid. And when it is sodden and strained, mire all together, and put it in a cleane vessell: it is a very exquisite thing.

Excellent Ipocras.

TAke an vnce of Sinamon, of ginger two dragmes, Pelligetta three dragmes, cloues two deniers, nutmegs, galanga, of eche of them a denier, stampe all and put it in a jelly bagge or strainer, then take a pinte of the best redde or white wine you can get, or a pinte of good malmesie or other stronge wine, mire well all together, then take a pound of Suger fined, and haning stamped it put it into the other wine, and so poure it vpon the straynour, wherein you did put the said wine with the Spices: then haning taken it out, you must poure it on againe, so often vntill it become as cleare as it was before, stirring it sometime in the straynor or bagge. And here note that this is

to

to make but a flagon full. Wherefore, if you will haue more, you muſt take a greater quantitie of the ſaid thinges. And for to make it very excellent, you maie bind a litle muſk in a fine linnen clothe at the end of the ſtrainer, ſo that all the ſubſtances may paſſe ouer and vpon it, the which by that meane will receiue the odour and ſent of the ſame muſke.

To make little Cuſhions of perfumed roſes.

TAke buds of red roſes, their heads and tops cut awaie, drie them in the ſhadowe vpon a table or linnen cloth: water and ſprinkle the ſaid buds with roſewater, and let them drie, doing this fiue or ſixe times, turning them alwaies, to the ende they ware not vinewed or mouldie: then take the pouder of Cypre, muſke and Amber made into pouder, according as you would make them excellent, for the more you put in of it, the better they ſhal be: put to it alſo Lignum Aloes, well beaten into pouder.

Let the ſaid pouder be put with the buds weat with roſe water muſkt, mixing well the buds together with the powder, to the ende that all may be well incorporated, and ſo ſhal you leaue them ſo all night, couering them with ſome linnen cloth or Taffata, that the muſke may not breathe or riſe out. The which thing done, take finallie little bagges of taffata, of what bigneſſe you will, and according to the quantitie of the buddes that you would put among all the pouder. Then cloſe vp the bagges: and for to ſtoppe vppe the ſeames, you muſt haue your mixtion of muſke, Amber, and Ciuette, made as it were to ſeare with, wherewith you ſhall rub all along the ſeames, to ſtop the holes made with the needle in ſowing: You maie alſo ſowe ſome riband of golde, or ſilke, or of what you will, ouer the ſaid ſeames. Theſe be the beſt that a man can make: and (as I haue ſaid) the more muſke Amber, Ciuette & Aloe you put in, the better they will bee. If you will make them with leſſe coſt, take ſuch buds as are ſpoken of before, prepared and ordered in the ſame ſorte, & in ſtead of muſk & Amber

Amber, put in the pouder of cloues, Sinamon, Irios, & a little mace, obseruing such a manner of perfuming the buds as before.

Matches or little lightes of a very good odour.

TAke of Campher an vnce, of white Incense two vnces, beat them into pouder, and make thereof little round apples or balles, with a little wax, then put them in a vessell with rosewater, and light them with a candle, and they will giue a faire light and a very good sauour.

A composition of Muske, Ciuet, and Ambergrise.

TAke a dragme and a halfe of good Amber, and braie it vpon a Porphire stone with oile of Iesemine, first alone, & then a little muske, as much as shall suffice. This done, adde to it damaske roses and Bengewine, of eache of them an vnce, Irios a dragme & a halfe: all these thinges beaten in pouder & strained or sifted, you shall braie with a dragme of Ciuet, till they be brought into the forme and manner of an ointment. This done, keepe it in a horne or vessell of glasse well closed.

A perfume for a chamber very excellent.

TAke Storax calamita, Bengewine, Ligni Aloes, of eache of them an vnce, coales of Willow well beaten into pouder fine vnces. These things mired with Aqua vitæ, as much as will suffice to make paste, make thereof little cakes or other formes what you will, and so keepe them. And when you will vse or occupie of it, put it into fire, for in consuming little and little, it wil make a singular good odour in the place where you burne it.

Sope of Naples.

TAke Deares grease, or the tallowe of a Cowe, or yonge calfe, or of a Bidde a pound, put it in a vessell of earth well leaded: and after you haue well strained it, put vpon

vpon it with discretion not too much nor too little of sope makers lie. the first, best, and strongest of three sortes that they vse, called the maister lie, & keepe the said grease in the heate of the sunne, mixing it well there, and likewise in the night abroad in the aire: but take heede that there come no water to it. When you see that it is somewhat drie, put to it againe as much as shall neede of the second and third lie mixed together, which sope makers vse: rub a little vpon your hand being cleane, and if it make a frothy, it is a token it is made.

Perfume for a lampe.

TAke Ligni Aloe a quarter, Wengewine an vnce, Storax Calamita halfe an vnce, Muske a scruple, ambergrise halfe a scruple, rosewater enough. You shall put all these thinges well beaten to pouder into the Lampe.

A shorte perfume.

TAke a glassefull of rosewater, cloues well beaten in pouder a penny waight: then take the fire-panne, and make it red hot in the fire, and put theron of the said rosewater with the said pouder of cloues, making it to consume by little and little: but the rosewater must be musket, and so you shal make a perfume of excellent good odour.

An odoriferous Perfume for Chambers.

TAke Thymiama a pound, Storax Liquida two vnces, Storax Calamita three vnces, Labdanū an vnce, coales of willowe & Tracagantum as much as you will: but keepe or temper the pouder of the coales and the Tracagantum with rosewatter, & then make thereof paste.

A very good perfume for to trim gloues with little cost, and yet will continue long.

FIrst let the Gloues be great, and of good thick leather, to the which you shall giue a little cinet all along the seames:

mes: Then wash them in rose water twice or thrise, pressing them hard: this done, take two parts of rose water, one part of water of the blossomes of Pirtle tree, mingle them together: adding to it two partes of water of the flowers of Orenges, Lemons, and Citrons, called of the Frenchmen, Eau de Naphe, and wash them so long there with, that they sauour no more of the Leather: then laie them in a platter and leaue them there couered with the said water, and powdred ouer with the ponder of Cypres by the space of a daie or twaine. This done, take them out and presse them a little, and so drie them in the shadowe. When they be halfe drie, giue them a little Ciuet, as you shall thinke good in a dish, with a little oyle of Iasmine, that is not olde, the which you shall make to dissolue before the fire, then annointe therewith the gloues within foorth, and rub them well betweene your handes, chafing them at the fire, vntill you thinke that the Ciuet be pearced and gone through them, and leaue them so a while. Then after rub them well with a cloth, to the ende that the ciuet may pearce the better, and the gloues wax soft: then draw & stretch them abroad, leauing them so by the space of a daie, and when you shal thinke they be humide and moist, enlarge them and blowe them, and puffe them vppe. Leaue them so vntill they be halfe dried. Then take good perfume to burne, and holde them ouer the smoke of the saide perfume, to the ende that it may pearce and goe into the inner partes of the gloues, and perfume them within side. This shall you doe thrice a daie the space of twentie daies, sweating them at each time with a little perfumed water, and wrapping them with som white linnen clothe: then take muske and Amber, as much as you will, and put it into a Tinne platter, with oyle of Iasmine or Bengewine, or some other oyle, lette them well dissolue at the fire, with a little perfumed water, then annoint them with a Pensell on the outside, and not within: annointe also the seames with Ciuet, and laie them certaine daies among dried roses. Finally, laie them for the space of three or fower

daies,

vaies, betweene two mattresses, then will they be excellent, as if it were to preserue an Emperour withall.

A very excellen. Ciuet to perfume gloues, & to annoint a mans handes with.

TAke three pound of white wine, the tallowe or grease of a Goat, sheepe, or Kidde, a pound: boile altogether with a small fire, vpon the embers or coales in a couered pan: then take them from the fire, & when they be cole againe, put them in a platter with cleare water, and wash them well fiue or six times, and put them in againe in cleare water all a night. This done, take a pound of rose water, two pound of white wine, and with this boile the grease vpon the coales with a small fire, vntill one halfe bee consumed: then take sweet Nauewes, and rosse them vnder the ashes, but burne them not. And for each pound of grease, take halfe a pound of the inner white of the said Nauewes, & boile it in rose water the space of halfe an houer: then straine it, and put it into a morter with oyle of Iasemine, or of Citrons, or such like, or else with a little Campher: After this you shal take a dish, or the bottome or fote of a glasse: weate within with rose water, wherein you shall make the forme and fashion of the ciuet, adding vnto it firste of all three vnces of Ceruse, well beaten to pouder, for euerie pound of tallowe or grease, & it will be an excellent & princely thing.

Oyle of Roses and flowers very perfect.

TAke the seede of mellons, well mundified and stamped, & laie them by rankes or by beddes, with the flowers of Roses, by the space of eight daies, then take a linnen bagge weat in rose water, or in the water of other flowers, in the which bagge you shall put the seed: and hauing well bounde it, put it in a pressour, and presse out the oyle, which will be verie precious, and the which you must keepe alwaies close.

Oyle

Oyle of Cloues very noble.

TAke Almonds mundified, and made cleane with a knife, & broken in peces, steepe or temper them in rosewater, then dresse them in this maner. Take Cloues stamped, and temper or laie them in rosewater, and couer the vessell diligentlie, leauing them so, vntill the water haue taken the vertue of the cloues: put also the Almondes in the said water. And after you haue taken them out, and dried them in the sunne, laie them in the water againe to swell: and afterward let them drie well as before, continuing thus fiue or six times. Then put them in a presse, & presse out the oyle, which you shall keepe in a cleane vessell well stopped. In this maner may you make oyle of muske, of Amber, of Bengewine, of Storax Calamita, of Aloe, of Sinamon, of mace, and of Nutmegs. You may make them also of diuers sortes, & put to them Aqua vitæ.

To make an excellent perfume to perfume Chambers, Garners, Coueriets, sheetes, and all other thinges belonging to anie Prince.

TAke pils of Citrons dried in the shadow, and if you cannot get Citrons, take of Lemons, of Orenges, if you can get none of these, take the leaues of roses, either greene or dried, according vnto the season of the yeare: and whatsoeuer in of all these thinges aboue said, you muste occupie it whole or by small peces, & not in ponder. And when you will make any perfume, take of the said peces, as much or as manie as you will, and annoint them verie well with ciuet on euerie side: after lay them vppon some coales in the middest of the Chamber, or some corner, as you list: This will giue a verie pleasant and pretious odour throughout all the chamber. If you will make it much better, you maie put with the Ciuet, muske and Ambergrise, as much as you are disposed: and if you doe desire to make it with lesser cost and expence, & yet neuertheles very good, take rosewater, of the floures of

Orenges,

Dzenges, or such other odoriferous and swéete water, with oyle of Iasemine or of Cloues, or such like at your pleasure, with the which you shall temper and steepe Storax Calamita, & a little Ligaum Aloes, if you haue any: if not, you shall doe well enough without it: Adde to it as much Ciuet as you will, and make a licour thereof, as thicke as sause, wher with you shall annoint the Citron or Dzenge pilles: Then laie them so vpon the coales, and it will bee an excellent thinge, and continue twice as long as it would doe, if you burned the odours without the pilles, and besides that, it maketh the perfume to dure longer: they make also the composition far better and perfecter. If with the saide perfume you would perfume linnen clothes, Sheetes or other like things, make it in this maner. Put the linnen and things that you would haue perfumed, in a coffer that hath no chinkes, clifts, chaps, crefkes, holes, or is broken, whereby the smoke may haue issue out. You must change and laie your linnen and other thinges on each side of the coffer, leauing a place in the middle, to set a little pan or other vessell with fire in it, and the said pilles to perfume them: you may also laie clothes vpon the lidde of the Coffer. This done, you must set in the middle the little vessell with coales, and also the pilles: And hauing shut the coffer, you must let all the perfume burne out, not opening the coffer of a long time after. And hauing thus tarried, open the coffer, and turn your linnen and other thinges, to the end to perfume them on the other side that is not perfumed, and put in new perfume, doing as before, you shall finde this of great excellencie, so that the coffer it selfe shall be so well perfumed with it, that all that you put afterwarde in it, shall sauour of it. And if you will, you may also perfume in the said coffer other little coffers for handekerchers and other thinges, as little cushions and bags of roses, which are perfumed also on the outside, being kept in the coffers, for they giue alwaies a good odour and sauour to things that you put in them.

Round

Round apples or balles, to take out ſpots of oile or greaſe.

TAke purging ſope or ſoft ſope, and incorporate it with the aſhes of vines finely ſifted, as much of the one as of the other: then putting among the ſaid ponder roch alume burned, and the drie lees of wines called Tartre, well beaten into ponder, incorporate all well together, and make therof little round apples or balles, which you may vſe to take out ſpots of any garment.

To make a paſte for ſweet beades or beadſtones.

TAke a pound and a halfe of blacke earth well beaten into ponder, foure vnces of gumme Dragant, and lay it in ſteepe, or temper it in a morter, with as much Roſe water as will couer the earth, with the ſaid gumme Dragant, and ſtampe it well by the ſpace of halfe an houre, with theſe ſweet things following: that is to ſay, Storax Calamita an vnce, ponder of Cloues halfe an vnce, Labdanum halfe an vnce, Cinamon halfe an vnce. Sandarum Citrinum halfe an vnce: beat all into ponder very finely, and mixe all together with the foreſaid paſte: then take it out of the morter, and braie it well betweene your hands by the ſpace of halfe an houre. And then you may make therof Beades or Beadſtones.

A good secret for to condite, or confite Orenges, Citrons, and all other fruits in Syrope, which is a notable thing.

TAke Citrons or other fruits, and cut them in péces, as you will, taking out of them the iuice or substance that is within them: then boile them in fresh water about halfe an houre, vntill that they be tender, and as soft as you would haue them. And when you haue taken them out, cast them into cold water, leauing them so vntill night. And after this, you shall set them againe to the fire in other fresh water, and doe but onely heat it in the water with a small fire, for it must not séeth nor bee to hot: but let it onely simper a little. You shall continue thus eight daies together, heating them euery day in hot water, and putting them againe at night in cold water. Some heat the water but once a day, to the end not to make the Citrons too tender: but change the fresh water at night, to take out all the bitternesse of the pilles, the which being taken away, you must take suger, or clarified honie, and prepared (as wée will declare afterward) wherein you must put the Citrons, hauing first well dried them from the water. In the winter you must kéepe them from the frost, leauing them two or thrée houres in a place méet for the purpose: and in Summer you shall leaue them there all a night, and a day and a night, in honie. Then boile the honie or suger againe by it selfe, without the Orenges or Citrons, by the space of halfe an houre, or somewhat lesse, with a small fire: and being cooled, set it againe to the fire with the Citrons, continuing so two mornings, to the end to bring the hony to his perfection, according as néede shall require. If you will put honie in the water, and not suger, you may clarifie it twice, and straine it thorow a strainer, according to the Art and manner that héereafter I will teach you, to the end you may

may haue perfectly the vſe and faſhion of making ſuch things. Now hauing thus warmed and clarified it, you ſhall ſtraine it, and ſet it againe on the fire with the Citrons onely, making it to boile with a ſmall fire, the ſpace of a quarter of an houre: then take it from the fire, and let it ſtand and reſt, at euery time you doe it, a day and a night. The next morning you ſhal boile it againe together the ſpace of halfe an houre, and doe ſo two mornings, to the end that the honie or ſuger may well and perfectly bee incorporated with the Citrons. All the Art and cunning conſiſteth in boiling this ſirope together with the Citrons, and alſo the ſirope by it ſelfe. Wherefore, hee that hath no ſkill in the boiling of it, will quickly let it take the ſmoke, ſo that it ſhall ſauour of the fire: but hee that can trimme it well, it is an exquiſite and pleaſant thing. In this manner may all other fruits be dreſſed: as ripe Peaches with the inſide and ſkinne, Lemons, Orenges, Apples, greene Walnuts, Lactuce well made cleane, and voided of their great leaues, and other thing like: all the which you muſt boile as is aforeſaid: but ſome more, ſome leſſe, after as need ſhall be, and according to the nature of the fruit. So ſhall you make all waies a good, perfect, and dureable thing.

The manner how to clarifie and prepare honie and ſuger, for to confite Citrons and all other fruits.

TAke euery time tenne pound of honie, the white of twelue new laid egges, and take away the froth of them, beating them well together with a ſticke, and fire glaſſes of faire and freſh water: then put them into the honie, and boile them in a pot with a very moderate fire, the ſpace of a quarter of an houre or ſomewhat leſſe: then take them faire and ſoftly from the fire, ſcumming them well, and paſſe them ſo hot thorow a ſtrainer: for it ſhall bee the fairer and the clearer for any thing that you will occupie or

vse it about. Hauing thus ordered it, take for fiue pound of citrons, twelue pound of hony. Then suger is also ordered and dressed, in like sort as the hony is. But if you will conffite Citrons with suger, you must note this difference, that for fiue pound of Citrons, you shall put nine of suger for to conffite them, so that they may be kept all the yeere. This is, because the hony maketh a great deale more scumme and froth then the suger doth, and therefore you must put the third part more of honie. In keeping this proportion, you cannot faile to doe it well.

To conffite peaches, after the Spanish fashion.

TAke faire and great Peaches, which you shall pill and make cleane, and cut them in peeces, and so lay them abroad vpon a table faire and cleane in the sun: by the space of two daies, turning them euer at night and in the morning, and put them hot into a Iulep of suger, well sodden and prepared, as is aforesaid. And after you haue taken them out, set them againe in the sunne, vntill they haue gotten a faire barke or crust, as you will haue them: and this shall you doe three or foure times. Then being thus prepared, you shall keepe them in boxes for winter, for it is a soueraigne thing.

To make Conserue or conffiture of Quinces, called in Latine Cotoneatum, Cydoniatum, or Cydonites, as they do in Valence, which also the Genouoyes doe vse. We call it in English, Marmelade.

TAke Quinces and purifie them, and when you haue taken out the kernels, seeth them in faire and fresh water so much, vntill they open and breake: then straine them through a cleane strainer, that there remaine nothing in the said strainer, but only the hardnesse of them, that is to say, the skinne, the core, and such like. For eight pound of the

said

said strained substance, you must put three pound of faire and fine suger: and taking a vessel of Tin, faire and large in the bottome, you shall mingle the Quinces together with the suger, and then set them to boile with a litle fire, stirring them with a broad slice of wood, until al be wel sodden, which if you will know, look when all shal loose it selfe, and cleane no more to the said vessel, for then it is sodden to his perfection, & shal be time to take it off. And if you put to it any musk, stamp it with a litle suger, as much as you will, and cast it into the said vessell, stirring it alwayes with your slice of wood. If you will adde spices to it, put in sinamon, cloues, nutmegs, & ginger, as much as you wil, boiling the muske with a litle vineger. This done, with the broad slice lay of this confection of Quinces vpon a table, where first you must haue sifted and strewed suger, and so make round, broad, or long peces, as you wil, with the circle of a box, of what greatnesse you list, then set them in the Sunne, vntil they be throughly dry. And when they haue stood a while, turne them vpside downe, making them alwayes a bed of sifted suger, both vnder and aboue. Then turne them still in the said suger, and drie them in the Sun so long, vntill they haue gotten a faire white crust of suger. Better marmelade of Quinces, sweeter or heartier then this, a man cannot make. In the same manner may you dresse and trim Peaches, Peares, and other kinds of fruits: A thing of great singularitie.

To make a past of Suger, wherof a man may make al manner of fruites, and other fine thinges with their forme, as Platters, Dishes, Glasses, Cups, and such like things, wherewith you may furnish a table: and when you haue done, eat them vp. A pleasant thing for them that sit at the table.

TAke gumme Dragant as much as you will, and steepe it in Rose water, vntill it bee mollified. And for foure vnces of sugar take of it the bignes of a beane, the iuyce of Limons a Walnut shell full, and a little of the white of an egge: but you must first take the gum, and beat it so much with a pestel in a morter of white marble, or of braste, vntill it become like water, then put to it the iuyce, with the white of the egge incorporated well together. This done take foure vnces of fine white sugar well beaten to powder, and cast into the morter by litle and litle, vntill all be turned into the forme of paste. Then take it out of the said morter, & bray it vpon the powder of sugar, as it were meale of flowre, vntill all bee soft paste, to the end you may turne it and fashion it, which way you will. When you haue brought your paste to this forme, spread it abroad with Synamon vpon great or small leaues as you shall thinke it good, and so shall you forme, and make what things you will, as is aforesaid: with such fine knacks as may serue a table, taking heede that there stand no hot thing nigh vnto it. At the end of the banquet, they may eate all, and breake the platters, dishes, cups, and all things. For this paste is very delicate and toothsome. If you will make a thing of more finenesse then this, make a Tart of Almonds stamped with sugar and Rose water, of like sort that Marchpaines be made of. This shall you lay betweene two paste of such vessels, or fruits, or sound other thing as you think good.

To make a confection, or composition of Melon, or Pompones, very exquisite.

TAke what quantitie of Mellons you will, and take them before they bee full ripe, but let them bee good, and make as many cuts in them, as they bee marked with quarters on euery side, and hauing mundified them, taken out of their kernels, and pill them of the vtter rinde, steepe them in good Wineger, leauing them so by the space of ten dayes: And when

when you haue taken them out, take other vineger, & keep them new againe other ten dayes, remoouing and stirring them euery day: then when time shall bee, take them out, and put them in a course Linnen cloth, drying and wiping them well. Finally set them in the Ayre, the space of a day, and a night, then boile them in Honie, and by the space of ten dayes, giue them euery day a little bubling or boyling, leauing them alwayes in the Honie, & let them boile at each time but one warme. Then take the said peeces, & put them in what kind of vessel you wil, and take these spices following: the poudes of Cloues, of Ginger, of Nutmegs, and of Sinamon, whereof you shal make spices: this done make one bed or ranke of the peeces of Melons, and another of the Spices, then take fine white Honie, and powre it vpon them in the said vessel.

To make mellons and pompons sweet and very delicate.

TAke fine suger and dissolue it in water, then take the seeds of a Melon & cleaue them a litle on the side that sticketh to the Melon, & put them in ỹ suger water, adding to them a litle rosewater, leaue the said seeds so by the space of three or foure houres, and then take them out, and you shall see that as soone as the said seed is drie it wil close vp againe. Plant it, and there will come of it such Melons as the like hath not bin seene. And if you wil giue them the sauour of muske, put in the said water a litle muske and fine sinamon. And this may you doe also with the seedes of Pompons and Cucumbers.

To confite Orenge pils, which may bee done at all times of the yeare and chiefly in May, because then the said pils be greater and thicker.

TAke thicke Orenge peeles, cut in foure or six peeces, and steep them in water, the space of tenne or twelue dayes. You may know when they be steeped enough, if you doe but holde them vp in the Sunne and see through them, for then

they be steeped enough: and if you cannot see through them, let them yet steepe vntill you may: Then afterward lay them to dry vpon a table, and then betweén two dry linnen clothes. Moreouer put them in a kettle, or vessell leaded, adding to it as much honie as will halfe couer the said pilles, more or lesse as you shall thinke good. Boile them a little, stirring them alwaies, and then take them from the fire, least the hony seeth too much: for if it should boile but a little more then it ought to boile, it would be thick and mallue. Let it then stand and rest foure daies in the said honie, stirring and mingling well euery day the said Orenges and honie together. For because there is not honie enough to couer ouer al the Orenge pilles, you must stir them well and oftentimes, to the end they may all equally receiue the honie. This shall you doe three times, giuing them one bubling or boiling at each time, and so let them rest and stand three daies, as we haue said. Finally, you shall straine or dreine them from the said honie, and boyle them in as much other honie as you shall thinke will suffice, and after you haue let them boile the space of a Credo, take them from the fire, and bestow them in vessels, putting to them of the best spices you can finde, as Ginger, Cloues, and Sinamon: mixe all well together, and you shall haue made an excellent thing. And note, that the honie that shal remaine, will bee good for to dresse and trim other Orenges, or other things withall.

To confite Walnuts.

FIrst take walnuts when they bee little and grene, with the pill or husk and all, and make in them fower little holes, or more, then steepe them in water eleuen dayes, or more or lesse: Make them cleane and boile them in honie, as the aforesaid Orenges, but make them seeth foure times as much. And note, that the honie is alwaies good, but you must oftentimes put in fresh, because it consumeth. Finally, you shall dresse them with spices, as the Orenges, but put not many Cloues to them, for they will make them too bitter.

To confite Gourdes.

TAke the necke of a Gourde and cut it in long peces, as you thinke good, and poure vpon them boyling water, and doe so nine mornings, but you must haue pilled them fuelie, and taken awap the inner part that serueth for nothing. This done, seeth them in a Kettle vntil they be neither too much nor too little boiled, but euen whole and malline, not broken: then laie them vpon a table in the shade, the space of two daies, and after wipe them cleane pece by pece with a linnen cloth, and doe with them as with Orenges.

To confite Cherries.

TAke Cherries, and leaue them a daie in the sunne, then take out the stones, and set them in the sunne againe three daies, but you must leaue them in honie fiftéen daies, and by the fire three daies, so that they may onely be kept warme, to the end they sauour not of burning, or of the fire. And after you haue wel mixed and incorporated all, you shal put them in Honie with spices. All these confitures may dure many yeares, so that you refresh them with other Honie boiled a little, when they be diminished.

To make little morsels as they vse in Naples, an exquisit thing, for they be very sauorous, doe comfort the stomacke, and make sweet breath.

TAke three pound of fine Suger, the flower of Meale sir pound, of Sinamon three vnces, Nutmegges, Ginger, Pepper, of each of them halfe an vnce, but let the quantitie of Pepper be greater than the residue, raw white Hony clarified three vnces. First make a round circle with the said flowre, in the middle whereof you shall put the Suger, and vpon it a pound of Muske-rose-water: braie, and breake wel all these things with your hands, so long vntill you fele no more suger. This done, you shall put in the said Spices, and then the Hony, mixing all well together with your hand.

After

After this mingle it again amongst the flower, and kéep some of it to flower the Tile or other thing that it must bake vpon. And when all is well wrought and made into paste, you shall cut the litle mozsels in sunder with your hands, making each of them three vnces weight or therabout: then turn and make them into the forme of a fish, dressing them with your instrument méet for the same purpose. Then heat your Ouen, and lay them vpon litle Tiles of copper or earth, making first vpon the Tiles a good thick bed of flower, you must bake them, the mouth of the Ouen being open, keeping euermore a fire at one of the sides of the mouth of the Ouen, you must also touch them oftentimes, to sée if they be baked enough, and whether they hang sure, and hold together betwéene your fingers: you may also bake them in the fire, in Ouens of copper couered such as tarts be made in: then when you haue taken them out you must gilt them.

An odoriferous and precious water, wherewith a man may wet or bath any linnen cloth, to wipe or rub his face, which will make the flesh white and wel coloured: and the more a man rubbeth his face with it, the fairer it is, and also continueth six monthes. A thing experimented and proued, yea and it were for a Queene.

TAke a pound of rock Alom, washed and burned Malmesie two glassefuls, past of Borax six vnces, white gumme Dragant a pound, gumme Arabick three vnces, steep all in the Malmesie by the space of two naturall daies, mingle it with two pots of Cotes milke and stop it wel that it take no vent: then take nine vnces of Sublimatum, and set it to burne or calcine in an vnyeelded pot wel closed vp in a furnace, and two pound of Ceruse Alexandria prepared in this manner. Lap it vp with the white of an Egge in some Linnen cloth, and boile it in some swet lie, vntill the third part be diminished: then mix all these thinges well together. This done, take two pound of raw white honie, three pound of Terebentine of Alexandria, three glasses of stilled vineger, Ginger stamped six vnces: boile all with the said vineger, vntill there be two glasses full left. Then take three vnces of fine mirrh eleet, and put it vpon the said thinges: after this take two vnces of Litharge of siluer well beaten in pouder, & boile it in three glasses full of Verivice or white wine, vntil the third part be diminished, then with a little cane, Rod or stick, mix or stirre all the said thinges together in some vessel, the space of six houres. Finally put into the same about fiftie snailes out of their shels and made cleane, an vnce of Campher, a good fat hen slaine, and broken into small peeces, without washing her, two Orenges without their pils, Kernels, or the litle skin within the pil, twelue Lemons ordered likewise, or else the iuice of them, which wil consume the said snailes, and all will war like past. This done, take the white of twentie and fiue Egs new laid, hard rost, with the which

yeu

you must incorporate six vnces of Sinamon, and a certaine quantitie of suger candie, and put all together in a Viol into a bath or baine, and still it. The first water that comes out of it will be white, the second yet whiter, which you shall receiue apart by it selfe, and the third very white. Then mingle the first with the last and distill it againe and kéep it, for it is good: yet not so good as the second, which is very excellent aboue all thinges in the world, and that must serue for the visage or face. If you will dresse or trim handkerchers with it, as is aboue said, take what hādkerchers you will, so that they be not very fine, and lay them in a platter, and powre vpon them as much water as will couer them, leauing them so the space of six houres, then hauing taken them out & hanged them vp in such sort, that the water may drop out of them into the same platter, ye shal let them so drie: then bath or wash them againe as before, other fiue houres dryng them againe, and so seuen times. Then shal you haue an excellent thing.

To make a water that wil make a white and pale person wel-coloured.

TAke white Pigeons, and fat them with Pine Apple Kernels the space of fiftéene dayes and then kill them: and hauing cast away the head, the feet, and the guts with al the garbage, distill them in a Limbeck with halfe a loafe of Sucharine Alome, three hundred leaues of fine siluer foile, fiue hundreth of gold foile, and the crum of foure white loues, steped or wet in Almond milke, a pound of the marrow of a Calfe or Ore, and fresh barrowes grease. Make all this to distill with a little fire, and you shall haue thereof a very perfect water.

A very good water to make the face appeare of the age of fiue and twentie yeares.

TAke a couple of calues feet, & seeth thē in 18. pound of riuer water, vntil half be cōsumed, then put to it a pound of rice, & let it séeth with crums of fine manchet bread steped in milk, two pound of fresh butter, and the white of ten new laid Egs.

with

with their shels and all: set all those things to distill, and into the water that shal come of it put a little Camphor, and such a rine Alome, and you shal haue an excellent and noble thing of it.

A water to beautifie the face, and all other parts of the bodie.

TAke of white Borax two vnces, Roch Alome an vnce, Campher two dragmes. Alome called in Latine Alumen Scissile or Plumeæ, which naturally groweth like a stone and notwithstanding may be diuided, there bee long strakes seene in it, and the Alome called Alumen or Desquamatum, because it is boiled in a Caudron, and is made more pure by an hearb (like to hearbe Iuie) burned into Ashes, and Lee made therewith, of each of these an vnce: beat each of these to pouder by themselues: and then incorporate all well together, and put it in some great Vessel ful of Conduit water, the which you shal couer and close vp sure with a Linnen Cloth, and set it to the fire the space of two houres, then take it away, and when it is cold againe, put it in another Vessel, and take the white of two Egges new laid the same day, and beat it well with a little veriuice: and so put it in the vessel with water, and leaue all so together the space of twentie dayes in the Sun, and you shall haue a perfect thing of it.

A water to make the skin white, and to take away the Sun-burning.

TAke halfe a potful of Raine Water, & fil it vp with Veriuice, and seeth it vntill it be halfe consumed, and in the meane time that it yet boileth, fil it with the iuice of lemons. When it hath sodden take it from the fire, and put to it the white of foure Egges new laid and wel beaten but the foresaid substances must be cold before you put in the said white of the Egges: and then is it made.

Another

Another water to beautifie the face, and to make it appeare of the age of fifteene yeares.

TAke quick Brimstone an vnce, white incense of the best two vnces, of Mirrhe two vnces, of fine Ambergrise fiue dragmes, beat each of these things by themselues, and then mingle them altogether with a pound of Rosewater. This done, put them to distill, and kéep it in a vessel close stopped. And when you goe to bed wash your face therewith, leaue it so, not wiping it, and in the morning wash it againe with wel-water lukewarme, and by this meanes shall you maintaine and kéepe the skin very delicate, fine and smoth.

An easie Water for Ladies and Gentlewomen.

TAke the white of eight new laid Egges, and beat them vntil they be conuerted into a cleare water, then straine them, and take Alumen catinæ or Desquamatum, Borax, Campher, Alumen zucharinum, the which is made with Alome reuerted, Rosewater, and whites of Egges, into the fashion of a Sugerlose, of each of them an vnce, of Vineger eight vnces, Water of Beane blossomes two vnces. Let all these said things be finely stamped and beaten in a Morter, and then put all together in a great viol of glasse, the which being well couered you shall leaue in the Sun the space of fifteene dayes, stirring the said water twice or thrice a day, and so let it stand and rest. This done put it in another viol, and wash your selfe with it when ye will, leauing it so a certaine space on your face: and then rubbe it with a péece of Scarlet. The Ladie or Gentlewoman that wil vse oftentimes to wash her face with this water, yea were shee of threescore yeares, she shal appeare to be of the age of fifteene yeares.

To

To make a goodly lustre and beautifying for the face good for Ladies and Dames.

TAke a great lemon, and make a hole in the toppe of him, through the which hole you shall take out of the substance within the bignesse of a Walnut, and fil it againe with suger candie, with foure or fiue gold foile leaues, & couer it againe with the peece that you take off sowing it with a needle, so y it may remaine fast on. Then set the said lemon to roast vpon the coales right vp, and after as it shall beginne to roast or boile, turne it often vntil it haue sweat a good space: Then take it off, and when you will vse of it, put one of your fingers into the hole that was sowed vp, and rubbe your face with it, with some fine Linnen cloth, and it will proue an exquisite thing.

To take out spots, lentilles, or pimples of the face.

TAke the meale or flower of a kind of pulse corne called Lupinum, which groweth in Italie and France, but here vneth knowen, the fresh and recent gall of a Goat, the iuice of a Lemon, Alome Sucharine, incorporate well all together in manner of an ointment: and rub at night the place with it where the spots or burgeons be, and you shal be incontinent cured of them. This is well experimented and proued.

To dresse or trim water of the Vine, commonlie called Lachrima Vitis.

TAke Axungia Vitri an vnce, Alome Sucharine two vnces, Roch-alome an vnce, Borax two vnces, Campher an vnce: Then take a viall full of this Lachrima vitis, and put to it the said drugs, leauing them so in the Sunne a moneth, and it will be done.

A very good way how to giue a lustre shew to all distilled water.

TAke litle greene Pine Apples wel mundified, cut them in litle rounde and flat peeces: which you shall keepe three dayes in Cow Milke, changing the Milke once a day (but it were better in Goats Milke) at the end of three dayes distill them with these Pouders following: Pouder of Glasse foure vnces, peeces of red Cozall to the quantitie of two vnces, Suger candie foure vnces, Roch alome one vnce, Quick-siluer mortified with spittle an vnce and a halfe, 12. new laid egges broken with their shels and all, Turpentine washed in pine waters four vnces, Snailes such as carrie no shels on their backes, and if you cannot get such, take those that carry shels. All these thinges well stamped each one by himselfe, mingle them together, and then make in the Limbeck a row or bed of them, then a bed of the pouders, and one of Turpentine, and so another of the Snailes, and thus one vpon another vntil the Limbecke bee full, then cast vpon it a glasseful of good white wine, and make vnto it a good temperate fire. Thus shall you haue such a water as you would desire, the which you shall keep in a flagon of glasse: for it is very good to make white and beautifie the flesh and to take away wrinkles of the face: proued.

To make a water of white Mellons, that maketh a faire Skinne.

TAke white Mellons wel made cleane of their pils, and cut them in peeces a finger thick, leauing all the muss alone, then take these things following: Sucharine Alome foure vnces, Quicke siluer broken or mortified an vnce, Roch Alome burned an vnce, Turpentine washed a pound, twelue new laid Egges stamped with shels and all, white Snailes cut in peeces as manie as you will, Suger foure vnces, with a glasseful of Goates Milke, and one of white Wine, then fill vppe the Limbecke with all the said thinges, laying

laying ranke vpon rank, as we haue ſaid of the other water before. Giue it then a little fire, and kéepe the water in a viol, which will be very excellent to waſh your face with. After this maner is made the water of Anguria; of the bloſſoms of beanes, of mallowes, and of the bloſſoms of tanſie, or wilde vine, and ſuch other things.

To make a verie good water of Gourdes, as well Garden Gourdes as wilde.

TAke Gourds and plucke off their vtter pill or barke, cut them into little round wheeles, then put to them fiue ounces of ſucharine alum, an ounce of alum Sciſsiæ or Plumæ, the value of a pennie of Mirrhe, halfe a pound of Turpentine waſhed, foure new laied egges, well ſtamped and well beaten together, fiue Lemons cut in trenches, ſnailes as many as you will, a glaſſe of white wine. Beat into pouder that which ought to be beaten, and mixe well all together, making the firſt ranke of ſuger, the ſecond of pouder, and the third of ſnailes, then put the wine, the lemons, and the egges vpon all the reſt and ſo diſtill it with a ſmall fire, and the water that commeth of it muſt be kept eight or fifténe daies in the ſunne in a viol. A man may make the like of Gourdes that grow nigh vnto the Sea.

An ointment for the face, which being kept on, or vſed continually the ſpace of eight daies, altereth the skinne and renueth it finely.

TAke foure new-laied egges, and lay them eight dayes together in ſtrong Vineger, ſo that they become tender and ſoft that you may take off the ſhells: after this, take out the yelkes finely that you breake them not, and put them in an earthen diſh leaded. This done, take the value of a pennie of white Turpentine well waſhed, the value of a halfe-pennie of Suger-Candie, and twice as much of the paſte of Bozar, Campher Verdegriſe roch alum, of each of them ſix deniers. All theſe things well beaten to powder, take two quarters

of Quicke-siluer mortified with Spittle, or the iuice of Lemons, oile of Wine Lées called Tartarum foure ounces, a white Onion, which you shall boile in Wine, and strain through a Strainer, and mingle all this with the yealkes of Egges, incorporating and beating all wel together with the iuice of two Lemons. And at night when you goe to bedde, lay the said composition vpon your face, neck, and breast, letting it so drie of it selfe. Now you must stirre it well at euerie time you will occupie it, and you may not take it too soone from your face, for then you shall marre the skinne: but you must let it lie on the space of eight daies. And although you would thinke the said composition burned or flaied off the skinne of your face, you may not for all that take it off, but let it worke his operation, and at the end of eight daies take it off in this manner following: Take Wheat Braune, Mallowes, leaues of March Violets, Beane Podds, crummes of Bread, and a good quantitie of raw Honey, and boile all these things together, vntill it be all soft, then poure it into some pot, and let it coale vntill such time as you may endure the smoake therof, holding your face ouer the pot. Also couer wel your head, your breast, and other places where you haue laied the said paste, and holde your face so ouer the smoake of the pot, vntil the sweat droppe downe by all your face. And when you perceiue your selfe to sweate, take a little of the said water, and put crummes of bread into it, and when you haue well sweat, take off the bread crummes, and rubbe with them al about where the composition is laied: for there the skinne wil be verie tender, and therefore must you rubbe hard vntill your face bee cleane of the said paste or composition, then immediatly wash your face with cleane water, and wipe it drie againe. After this you must take some distilled water wherein is no strong substance, and bathe your face withall fiue or sixe times. If in case there remaine behinde any of the said paste in any place of your bodie, rubbe it wel with the said crummes of bread, or some Linnen cloth, wet or dipped in such distilled water, and you shall incontinent

nent ſee that that ſkinne which was rough, thicke, and rude, ſhall be changed and altered into a fine, faire, and delicate ſkinne. But beware that in eight daies after you goe not abroad in the open aire, or too nigh the fire, leſt the new fine, tender and delicate ſkin ſhould be burned, or take any hurt. This is a good ſecret.

For him that hath naturally a red face.

TAke foure ounces of kernels of Peaches, two ounces of Gourds ſeedes, and make thereof an oile, wherewith you ſhall anoint his face morning and euening: and this will kil and deſtroy the rednesſe. A thing found true by experience.

To make Aqua argentata or ſiluered water, which maketh a white ruddie and gliſtring face: and is made like a water, and not like an ointment, that the dames of Italie for the moſt part doe vſe, although that few men make it as it ought to be made.

TAke foure ounces of Sublimatum, and breake it in ſunder in a Morter, ſtirring it alwaies with one hand. When it is broken enough, take foure deniers of Quick-ſiluer, and put it in ſtrong white wine Vineger the ſpace of eight daies, then put it in another veſſell with other Vineger, and boile it a little. This done, take the Quick-ſiluer out of the Vineger, and lay it in a diſh, taking the crumme of a loafe, which you ſhall crumme with the ſaid Quick-ſiluer, ſtirring well all together, vntill the Quick-ſiluer be faire and cleare, then blow in it and the bread will flie away: then ſhall you put this Quick-ſiluer ſo purged, with the Sublimate in mixing and ſtirring it wel with one hand, and ſo it wil become white as ſnow: then take hot boiling water, and poure it into the ſaid Morter, which muſt alſo bee hote, and ſtirre it well, and mixe all together, and ſo let it ſtand and reſt. After this, take diligently the water away, which will bee veris

good for scabs or scurfe, and poure to it other seething water, and wash it well as before foure or fiue times. This done, take twelue or fifteene pearles, and a carline or two of gold or siluer broken in sunder, and mixing it together, you shall put into it a little Campher, a little Borax, and a little Talchum if you haue any. All these things shall you breake and bruise in sunder with one hand in a Morter, and so leaue it fortie daies in the Sunne, stirring it euery day with your hand the space of halfe an houre. After the said fortie dayes, take foure new laied egges, which being a little heated by the fire, you shall breake: and hauing taken the whites of them, you shall put them into the said morter, mingling well all together, and so shall you do this water following: Take litle ripe Lemons, and take off the outward yellow pill, then cut them in small pieces with twelue new laied egges, beating the yealk, the white, and the shels together, then adding to it two ounces of Turpentine, you shal put all into a Limbecke, making to it a little fire, whereof you shall haue aboue a glasse full of water: with the which water you shall temper your siluered water in the morter: then kepe it in a viall close stopped, in a cole place: and so it will bee an excellent thing, and it were to giue to a Queene. And when you will occupie of it, let your face first be cleane, and then lay to the said water, as much as you shall by your discretion thinke sufficient, letting it drie of it selfe.

To giue a Glosse or lustre and colour to the said siluered water.

TAke the yealkes of twelue egges the same daies they bee laied, and beate them raw, then distill them in a Limbecke with a little fire, putting a little muske at the mouth of the said Limbecke, and then wet a small peece of Cotton in the said water, and so rubbe your face with it, and let it drie of it selfe: and this is a very perfect thing.

To make an ointment for the face.

Take

TAke three vnces of the fat caule of a fat lamb, the which you ſhall put into freſh water, changing it euery day fiftie times, ſeuen or eight daies together, and cut it verie ſmall, put it in an earthen pan leaded, full of white cleare vineger, with a dragme of compher ſtamped: boile this together by the ſpace of two or three Pater noſters, and after ſtraine the greaſe with the foreſaid things through a white linnen cloth, then let the greaſe coole, vntill it be hard againe: and if there be any ordure or filth at the bottome, you muſt take it away. After this, take two vnces of the oyle of tarter, and put it in ſome veſſell vpon the coales vntil it come together: and hauing ſet it in a moiſt place by the ſpace of a day and a night, put to it an vnce of Borax well waſhed, then ſtamp and mixe all well together, adding to it an vnce and a halfe of Ceruſe waſhed, and hauing put all in a new earthen pan leaded, ſet it on a ſmall fire, ſtirring it well together, vntill all the ſaid things be wel incorporated together: and after that you haue laide it vpon your face, lay on alſo a red colour made with the graine wherewith ſcarlet is died, called in Latine Coccum, and with Braſile, for it ſhall bee better than with Braſile alone.

To make a Red colour for the face.

TAke red Sandale finely ſtamped, & ſtronge vineger twice diſtilled, then put into it as much Sandale as you will, and let it boyle faire and ſoftly, and put to it alſo a little Roch-Alome ſtamped, and you ſhall haue a very perfect red. If you will make it odoriferous and ſauour well, put a little muſke to it, or elſe Ciuet, or ſome other odoriferous thing what you liſt.

To make the face faire

TAke Beanes and a kinde of little graine called in Latine Faceoli, in Engliſh Facilles and Cicher Peaſon, and make a pouder thereof, which you ſhall ſteepe and temper in luke warme water, with the white of an egge, and the

milke of an Asse, and then laie it out to drie. And after kép it in a little water, wherewith you shall wash your face, and it will become faire and cleare, and neat.

To make the face faire another way.

TAke the fresh blossems of Beanes, and distill them through a Limbecke, and so wash your face with the water that shall come of them.

To make the face faire.

TAke the flowers of Rosemary, and boile them in white wine, then wash your face with it, and vse of it for to drink and so shall you make your face verie faire, and also your breath swéet.

To take spots or red pimples out of a mans face, and to make the Skine faire.

TAke a little Roch-alome, and breake it asunder into small péeces, then take the white of an egge newly laid euen at that instant, the which you shall set to the fire in a little Pan leaded, with the Roch alome, and leaue it so vntill you sée that it beginneth to boile, and mingle it alwaies with a little sticke. And when it is waxen hard, annoint well all your face with it three or foure daies, and it will make your face fairer: a thing found true by experience.

To make a water that maketh the face white.

TAke Litarge, siluer sublimed, the value of a groat, put it in some vessel with strong white vineger, then boile it vntill it be diminished the height of two fingers: let it stand and rest, then straine it and kép it. Also milke and the iuice of Orenges mixed with the oyle of Wine-lées is very good.

Another to make the face faire.

Take

TAke the gall of an Hare, of a Cocke, or Hen, and of Eels, temper them with Honie, and put them so into a vessel of brasse well stopped, for to annoint your face with when you list, but take heed it touch not your eyes, for it would inflame them, and make them loke red and hurt you.

To take spots and lintels or red pimples out of the face.

TAke grene Lizards quicke, and boile them in oile vntill the third part be consumed. Straine this, and put to it white ware and then make thereof an ointment, wherewith you shall oftentimes anoint your face.

To take off a Ring-worme or Tetter that runneth all ouer a mans face, called in French, *Le feu volant.*

TAke the rots of Lapathum acutum, called Sorrell, aswell wilde, as of the garden, wash them well, and mundifie them, and cut them in small peces, the which you shall keep in strong white vineger, and leaue them in it two daies and two nights. Afterward rub the place of the sore with it three or foure times a daie, and at night with the said peces of the Sorrell rots, letting them keepe alwaies after in the said vineger, and you shal be cured.

To driue away Lice.

TAke Encense and the Larde of a barrow hog, properlie called Barrowes grease, boile them together in an earthen pan or pot leaded, and with this ointment rubbe or annoint the place where the Lice be.

To make a water that taketh of all staining, dying, and spots from the hands of Artificers that get them by working and maketh them verie white and faire: It is also good for them that be sunne burned.

TAke the iuice of Lemon, with a little Bale salte, and wash your handes with it, and let them drie of them selues.

selues: wash them againe, and you shall finde all the spotes and stainings gone. It is also very good against the scurfe or scabs.

To make a water that maketh the flesh and skin of a man or woman very faire, and will be kept like a pretious baulme.

TAke a yong Crow euen out of the nest, if you may get one so, if not, take him as yong as you may: to whome (by the space of foxty dayes) ye shal giue no other meat but the yelkes of hard egges. Then kill him and flawe him, breaking the flesh into small péces: then take leaues of a Mirtle trée, and lay one ranke of them, and another of the little péces of the Crow, in some great viol of glasse, pouldred and strewed ouer with the pouder of Talchum, stamped with the oyle of swéete Almonds, and put in as much of it as your discretion shall iudge, for a great quantity will do no hurt to it. And if there remaine yet any péces of the said Crowe, make therof another rank, adding therto some mirtle leaues and then of the Talchum, and the sayde glasse must be large, wide and low. Finally you shall poure vpon it three or foure vnces of the oile of Mirrhe dressed with egges, as is declared in this booke. Then set the said viol or glasse vnder the Limbeck, stopping well the sides and ioints that it take no vent, and likewise the recipient: & giue it at the beginning a small fire for the space of foure or fiue houres, so that al these things may be dissolued, and as it were breake and corrupt among themselues, then make the fire greater & greater, & at the end very great for the space of an houre, letting it after coole. And if the fire haue béene great enough, the water will be yellow, & somwhat red, the which water you shal put into another like glasse: great, according to the quantity of the said water, putting to it halfe a pound of Rosemary blossoms, halfe a glasse full of Aqua vitæ, letting all to distill againe with the limbeck and recipient as before: you must put in the recipient, or at the backe of the limbecke some fine little clothe, wherein must

muſt be white Bengewine ſtamped betweene two papers as well as you can. When this water ſhall be diſtilled, it will be very cleare and faire, which your ſhal kéepe in a viol wel ſtopped with ware and cleared clothe, to the ende it take no vent, and you may neither kéep it in the ſun, nor in any hot place. This wil be a noble and pretious water, which hath not the like in the world for to make the skin faire, and to preſerue. The maner how to vſe it is this. Firſt you muſt waſh your face wel with cleare water diſtilled, and then rub wel both face, breſt, and other places of your body where you liſt, with a péece of Scarlet wet in the ſaid water, and lie downe vpon your bedde, holding a litle while the péece of wet Scarlet vpon your face, and thus may you do euery eight or euery fiftéene days once, or elſe euery moneth, or euery two moneths. In the meane time you may vſe ſome other water, as the water of bean blolſoms, of Gourds, of mellons, of Onions, of white Flouredeluce, of the rote of the hearbe called in latine Dracontium, or more commonly Serpentaria, in Engliſh Dragons, and of other like: but you muſt take héed that you put in it no ſublime, nor Ceruſe in any wiſe. Thus ſhal you haue a water of a marueilous vertue to make your skin and fleſh faire and naturall, and to conſerue and kéepe it long yong, gay, freſh and neat.

A very goodly Water to waſh the Face, Necke and Breaſt, whereof a man may make a great quantity, for the more there is of it the better it is: It maketh the skin and fleſh of the face faire not hurting or deſtroying the teeth, and ſhall ſeeme the face is nothing at al holpen with any colour, but that it is euen ſo by nature.

TAke two fat Pigeons, two pounde of beale, ſádes of Spurge pilled thrée vnces, of pine apple kernels, ſwéete Almondes, bitter almondes, the rodes of whits and yellow Flouredeluce, Beanes broken in péces and mundified, the

gall

gall of an Ore, the rote of dragons, the rote of Fraxinella or common Dictum, a little Lemon the yellow pill taken away and cut in peces, the crum of a white loafe wet in milke, Gum Dragant steped in wine, Gum Armoniacke steped in vineger, and let there be of all these things a reasonable quantitie. Then put thereunto flowers or blossomes of Ligustrum, which is a tree hauing leanes like an Olme-tree but they be broader and softer, and more greene of colour, which doth beare white flowers and swet, whereof is made an ople called Oleum Ciprinum. And this tree doth grow in watery places, as Willowes and Sallowes do, and beareth a black fruit like vnto an Elder-tree, and distill all these with a small fire, hauing bound or tied a Linnen-cloth with Muske and white Bengewine at the backe of the Limbecke: then kepe the water in a glasse wel stopped, for it will be very excellent to make a white and naturall skin or flesh, without hurting the teth or any other thing.

To make very excellent red colour for the face, which is naturall and continueth long vpon the face, making it alwaies gayer and fairer.

TAke the white of fiue and twentie hard Egges, and put a glasse full of the milke of greene figges among them, if you can get none of it, take litle Figges that are not ripe, and cut them in small peces, which you shall mingle with the said Egges and then distill them: and the water that shal come thereof maketh of it selfe the flesh white: but if you wil make it red, take for euer glasse full of the said water, two vnces of Alome Sisicilæ or Plumæ, beaten into pouder, halfe an vnce of the graine, called in Latine Coccum, where with Scarlet is died, and two vnces of the graines that men vse to die Crimson silke with. Let all this be put in a viol well stopped, that it can take no vent, then set the viol in a kettle of hot water (not boyling hot) by the space of eight daies. This done, straine out well the substance of the said colours, and take the water so coloured and died, and put vnto it as much more of the same Alome and graines

as

as before, and set it againe altogether in hot water, by the ſpace of eight daies: then ſtraine out the water, and adde to it the third time ſome Alume and Graines, with a little Gum Arabick: that is to ſay, for euery glaſſe full of water halfe an vnce of Gum, ſetting it againe in hot water eight daies as before: and after you haue taken it out, ſtraine it, and you ſhall haue the faireſt red that is poſſible to wiſh for. Then wet ſome little peece of Scarlet or Crimſon ſilke in it, and rub your face therewith ſo long vntill the fleſh begin to wax ſomewhat chafed, & the red well pierced thorough. You may alſo adde to it what odour or ſauour you will: and if you will not ſet the viol in hot water as is aforeſaid, ſet it before a litle fire, not ſuffering it to ſeeth, and that for the ſpace of a daie or more: then ſtraine it, and you ſhall ſee all things come to paſſe as I haue ſaid.

Another kind of red, very good for the face, eaſier to make, and with leſſe coſt.

TAke two vnces of Fiſh glew very cleare, and ſteepe it in white wine the ſpace of fiue or ſix dayes vntill it be very ſoft, then take Braſill that is good and of a good colour well ſcraped or cut in ſmall peeces, then ſteepe it in well water, ſo that the water be aboue it more than the breadth of a hand and a halfe: This done, boile it together with a ſmall fire, aſſaying euermore the colour vpon a paper, vntill it bee to your fantaſie. And before you take it from the fire, put to it for euery glaſſe-full of the ſaid colour, an vnce of raw Roch alome beaten into pouder, and Gum Arabick, as much as three or foure Beanes. Then take it from the fire, and keepe it in a Viall verie cloſe ſtopped: and ſo ſhall you haue an erquiſite thing. Women of baſe degree are wont to ſeeth onely the Braſill in Wine or Water, putting to it a little Roch-alome and Gumme, letting it boile vntill the colour be to their minde. Other take red Sandall or Saunders, the which they put in Wine, or at the leaſt in Aqua-vitæ, and not boile it at all, but keepe it ſo the ſpace of a night.

Then

When in turning the water, they muſt put more Sandall to it, and a little more Alum, according as they like the colour.

An excellent white aboue all other, which the Frenchmen call Blanchet.

TAke braied Talchum and burned tin beaten into pouder with a wodden peſtle, then waſh them and mingle them together, and put them in ſome maner of platter or ſom other great and large veſſell, couered with ſuch another, and ſo ſet it in a glaſſemakers furnace the ſpace of three or foure daies. And hauing taken it out, it will be as white as ſnow. Then bray it finly with the water of yong Figs, or with the milke of greene figges, or with diſtilled vineger, or ſome other ſuch ſharpe and clammie thing.

To make haire as yellow as golde

TAke the rine or the ſcrapings of Rubarbe, and ſteepe it in white wine, or in cleare lie: and after you haue waſhed your head with it, you ſhall wet your haires with a ſponge or ſom other cloth, and let them drie by the fire, or in the ſun: after this wet them and drie them againe: for the oftner you doe it, the fairer they will be without hurting of your head any thing at all.

To make Lie to waſh the head, which (beſide that it comforteth the braine and the memorie) maketh the haire longe, faire, and yellow like gold.

TAke Lie that is not ſtrong, but as women commonlie make it to waſh their heads: and make as much of it in a kettle as will ſerue you ten waſhinges, putting to it this following. Take pils of ten Orenges, or of ſweete Lemons, if you haue any, if not take ſower ones, the pils of Citrons as manie as you can get, be they greene or drie it is all one, the bloſſoms of camomill, Bay-leaues, a handfull of the yearbe called maiden haire, halfe a handefull of Agrimonie, two or three handfulles of Barlie ſtrawe chopped in peces,

halfe

halfe a dishfull of a kind of pouſe corne, called in Latin Lupinus, and in French Lupins, having one ſtalke, & the leaues in fiue diuiſions, the cod creuiſed about, hauing in it fiue or ſixe graines, hard, broad, & red: they be commonly in France and in Italie, but here in England vnneath knowne, and therefore they haue no Engliſh name: they muſt be dried, a diſhfull of Fenigreeke, halfe a pound of wine lees, or two or three diſhes full of Broome bloſſoms, whereof it is good alwaies to haue ſome drie in your houſe to make ſuch things withall. Put all theſe that I haue named in a great veſſell with the ſaid Lie, hauing it alwaies ſo to take thereof, and to occupie at what time you will. And the longer the ſaide Lie ſhall be compounded with the aforeſaid things, the better it will be. The ſaid compoſition will be good for fiue or ſixe moneths or more, & you may renew it at your pleaſure. But when you will put it in vſe, take it handſomly & cleanly vp, without touching in any wiſe the ſaid drugges put in it: and in heating it againe, you may put in it a little Mirrhe, and a little Cinamon. And thus ſhall you make it very good, as well for the health of the head and eie ſight, as for to beautifie and make the haire faire.

Lie to make haire blacke.

TAke common and ordinarie Lie, and boile it with a handfull of the leaues of Beete, three or foure handfull of Sage leaues either greene or drie, as much Mirrhe as you will, with Bay leaues, and a few leaues or outward pill in a walnut. But when you will vſe of theſe Lies that make yellow or black, rub not your face or your necke with it, leſt they become blacke or yellow, although they die not the ſkin ſo ſore as they doe the haire. And after hauing thus waſhed your haire you muſt waſh your face with common Lie, or cleare water, or elſe with white wine.

An oyle to annoint the haire, which maketh it yellow like gold, long and gliſtering like burniſhed gold.

Take

TAke a glasse of the oyle of Sesamum, which is a white graine growing in India, whereof oyle is made, which is called Oleum Sesaminum, if you can get it, if not, take oyle Olive, not greene, but very yellow and cleare, whereunto you shal put three ounces of drie Broome blossomes wel mundified from the verdure and greenes that is in them, and from the white that you shall finde within: then stampe them grosely, adding thereunto an ounce of the yellow that is in the middle of white Flower-de-luces, and a quarter of an ounce of Curcuma, and the first part of an ounce of Saffron, with a little Cinamon, Bengewine, Musk, and Ciuet, if you will. All these things will give a good sauour, helpe the colour, and comfort the head: you must put all together into one vessell or violl, wherein must be one, the which you shall kéepe in the Sunne all the Summer, and so take of it at euerie time a little for your face, and the older it waxeth the better it wil be. Also you may at the end put the old againe vpon the said drugs into the vessel, for they wil continue still good together many yeares: or else you may change those substances according as you see neede. It shall be also verie good to annoint with this oyle the comb that women combe themselues with in the Sunne, or else lay some linnen cloth hot vpon their head, and let it so lie, without putting any other thing to it. This is a thing very rare and excellent for a Queene: for to doe thus there cannot be found a better.

A godly way and manner how to make yellow abern-haire, without standing long or nothing at all in the Sun: a rare and a verie excellent secret.

TAke halfe a pound of Antimonium, halfe a pound of wine lées, nine ounces of Saltpeter: all these things being finely braied and incorporated, take an earthen pot or panne, and put it in the middle of a fire, that the fire may bee both aboue and vnderneath, vntill it bee redde hote: then cast in the said powders by little and little with a spoone, tarrying

a litle betweene euery ſpooneful caſting in, vntill the firſt be all burned, & continue ſo caſting in the one ſpooneful after another, vntill all be in. But this muſt bee done in a chimney, or in an open place, becauſe there will riſe ſuch abundance of ſmoake, that it is not poſſible for you to endure it: then hauing let it coole, breake the ſaid panne and in the bottome you ſhall finde as it were a manner of thicke cake or browne loafe. Then breake the ſaid matter and ſubſtance in diuers pieces vpon the ground, or in ſome cleane place, and you ſhal finde in the middle certaine litle graines, like vnto fine ſiluer: but they bee brittle and ceaſe to bee broken. And this is it that the ſearchers out of the ſecrets of Nature doe call the King or chiefe of Antimonium, which in operation belonging to mettall, ſerueth for many things, as we will after declare. But this will not ſerue any thing at all to make haire white, notwithſtanding you muſt keepe it by it ſelfe. Then take the reſt, and the black ſubſtance and yellow, and all that you find in the bottome & on the ſides of the ſaid panne: all the which things (becauſe they will incontinent ware moiſt) you ſhall ſtampe groſſely and quickly, adding to it for euerie pound an ounce of Vitrioli rubified or made redde, as we will ſhew you hereafter. This done, put all theſe things together in Lie not too ſtrong, and let it ſteep vntill it become as it were a ſawce, putting to it two ounces of the oile of yealkes of egges, if you haue any, if not, take oile Oliue. Now you muſt keepe this liquor thick as it is, in ſome veſſel vntil it be hard, and you ſhall finde it alwayes good. When you wil put it in effect take common Lie, and put into it two or three ounces of raw roch Alum ſtamped, and waſh your head with it as you are wont to doe. And after you haue waſhed it, without drying it anie otherwiſe then of it ſelfe: anoint all your haire with the ſaid liquor heated, & boing thus anointed, wrap them in a hote Linnen cloth, reſting your ſelfe awhile. This being done, you ſhall take off the ſaid anointing, waſhing your head with hote Lie, boing and dreſſing the Sope, euen as you ſhall thinke good.

And

And finally, wash your head and haire againe with a little warme white wine, and then wrap them with a hote linnen cloth, or drie them in the Sun, or by the fire as you will: and last of all, you shall annoint your selfe with our said oile, or with the oils of Jalemine, or some other odoriferous & sweete oile, which may conserue the haires that they breake not, and may giue them a lustre to make them glister and shine, doing this manner of anointing euerie fifteene daies, or euery moneth as you list your selfe. By this means you shall haue faire haire and glittering like gold. But remember to vse in all things a discretion and diligence at the first when you vse any receipt: as for example, in this confection you must take heed that the Lie be not to strong, lest that the said ointment (which I tell you is verie strong) eate and consume your haire. Also you must well consider the quantitie, and how long it must lie on your head before you wash it away, as is declared: and so, according to the experience that you shall haue in the effect, you shal vse and gouerne your selfe in all things: for there is no rule so certain, but leaueth alwaies some place for the discretion, diligence, and iudgement of the person that will follow it, and put it in vse or effect.

An ointment to make the haires fall from anie place of the bodie.

TAke the whites of three new layed egges well beaten, eight ounces of quicke Lime, an ounce of Orpiment, and the whole being beaten into pouder, let it be put among the whites of the egges, adde to it after a little Lie, so much that it may make it a liquor thick like sawce. Then with a Pensil or some other thing annoint the place from the which you will haue the haires to fall, and leaue the ointment so vpon it the space of a quarter of an houre or a little more: then wash the place with warme water, and all the haire will fall off, or if not, you must annoint it againe, and hauing staied awhile, wash it as before, and the haires will fall off without

doubt. Finally you muſt annoint the faid place with oile roſet, or with the oile of violets, and the ſkinne will remain verie faire and without hurt.

An oile or licour to make the haire fall off, and male bee kept as long as a man will, it is alſo good for all occaſions.

TAke an vnce of Soda (which is Aſhes made of glaſſe, whereof glaſſemakers doe vſe to make their Chriſtal) tenne vnces of quick lime, eight vnces of Orpiment, and make thereof a fine ponder, which you ſhal put in a pan, with as much ſweete and cleare lie, as wil bee aboue the ponder a handful: then boile it together a good howre, & after hauing let it ſtand by the ſpace of xviii. howers you muſt ſtraine it, and take three vnces of it, & put therto an vnce of oile olive, and let it boile together, vntil the water be conſumed, & baniſhed awaie, which you ſhal knowe by caſting a droppe or two into the fire with a little ſticke, and if it make no noiſe it is a ſigne that there is no more water left. If you wil make it vnctuous and ſweete, put to it muſke, or civet, and ſo kepe it: and when you wil make the haires to fall off, waſh firſt the place wel with hote water, then annoint it with the ſaid oile, and leaue it ſo a certaine ſpace, and then waſh it againe with hot water, and al the haire wil fall awaie. Finally annoint the place with oile roſet, or violet oile.

An aduertiſement or leſſon for them that will make the haire fall of.

FIrſt, you muſt note, that the haire will not fall awaie, but when the Moone decreaſeth, that is to ſaie, in the quarter of the waine, and it is far better to make them fall off with the ointment, or with oile, then to pluck them out with a paire of pincers, as ſome gentlewomen do vſe in France, becauſe it doth violence vnto the fleſh, maketh the blood, and enlargeth the pores, and alſo maketh the haire to growe againe greater. Therefore in all ſortes it is good

to annoint by & by the place, with some cooling or refreshing oile, as oile Rosat, or of Violets. Likewise you must vnderstand, that often times the ointment being mixed with Orpiments, burneth the skinne, & that commeth by the naughtie or too strong composition of it, or when a man letteth it drie too long vpon the place, or without first washing the place with hote water, or when a man annointeth not the place by & by after the haires be fallen, as we haue said before.

To cause that the haire shall grow no more, or so make them come out thinne and fine, like the first soft haire, or mosinesse of the face.

A Man can scant finde a remedie, that the haire grow no more, because that manie when they will doe it, do make certaine ointmentes verie rolde & drie, wherewith they annoint the place a good while, not doing anie good at all, by reason of the power of nature, which hath alwaies her courie & casteth out her superfluities, with the aire. Therefore they burne the skinne, & not but marre it: wherefore you must note, that they must make them fall off, in the last quarter of the wane of the Mone, & then incontinent annoint the place with oile Rosat, or of Violettes, this done, the haire groweth againe weaker, softer and finer: And flaketh euerie time more & more in comming forth. But if you will that it neuer growe more, vse the remedies following, which are verie good, & certain by experience. Take the little stones of olives burned, the outward Coddes of Beans dried, the seed of Henbane, Litharge of Golde and Siluer, the shelles of fishes called in Latine Tellinæ burned, and the iuice of blacke Poppie as much of the one as of the other, and halfe as much Orpiment as one of those thinges. All this being beaten to powder, boile it in as much Oyle rosette, as will couer them six fingers heigth, stirring it continually, by the space of two or three houres: then let it coole, and straine the said oyle,

oile, and so kepe it, putting to it the fourth part of the oyle of Selandine. And when the haires be fallen, then take a little linnen cloth, weate in the said oile luke warme, & laie it vpon the said place, leaning it so bound on al night. In the morning take off the linnen cloth, & annoint the place with oyle Roset: And at night lay the linnen cloth on againe weated as before: & this doe fire or seuen nights, but let it be in the wane of the moone. And if you perceiue that the haires grow againe, make them fall away againe at the next wane of the moone, doing in all points as before: you shall not oft doe it, but you shall make that the haires shall neuer grow more.

To make a kind of cloth or plaister, to take the haire from face, necke, and hands, or from anie part of the body.

TAke two vnces of Turpentine, halfe an vnce of white Ware broken small, or somewhat more or lesse, according as need shall require, Bengewine, Storax Calamita, at your discretion. First melt the ware a little, with a little fire, and then the Bengewine and Storax, after this put in the Turpentine, adding to it the Ceruse well braied, and setting it to the fire, put to it a little Masticke, and make therof a mixtion neither too thicke, nor too cleare or thin. Then take a peece of linnen cloth, of what bignesse you will; and laie it abroad vppon a table, spreading afterward the said compolition vpon it with a spoone, or some other thing, as it were in maner of a plaister, then let it cole and kep it so the one vpon the other open, without folding vp the linnen cloth: for when as the said mixtion is colde, it is hard. If you wil put it in proue, and occupy therof, do as followeth. At night when you go to bed, wash your face & necke with luke warme water, rubbing it well with a linnen cloth, or with your hand: And when it is dry, or when you haue wiped it, take a peece of the said plaister, or cleared cloath, and heate it by the fire, vntill the said mixtion be liquide and soft: then immediatly bind it vpon your face, or vpon

the place, from whence you would haue the haire to fall, and prelle it harde on, leauing it so all night. In the Morning, go to your looking glaſſe, and plucking off one ende of the ſaid linnen clothe, plucke away with it all the haire of your face, & ſo ſhall you leaue a verie faire ſkinne. And if in caſe there remaine yet any of the ſaid mixtion vpon the fleſh, waſh it with hot water, & with wheate bran, rubbing it ſo long with ſome peece of linnen clothe, till you make it fall off, then waſh your face with Aqua vitæ, or white Wine, or with ſome other diſtilled water, beeing not too ſtrong, but let it bee of Pe-lons, or Gourdes, or of ſuch other like, and vſe after warm waters meete for the face, as you liſt: And thus ſhall you kéepe maintain your face as cleare as glaſſe.

A marueilous Secret, which the great Lordes of the Moores doe vſe, whereby they make that their children haue no haire vnder their armes, or other place where they will. And this ſecret found I in Syria, the yeare 1521. by the meanes of a Lord of the coūtrey, whoſe daughter I did heale.

As ſoone as the child is born, they make ready ley and by a peece of fine golde, or a ducate, or els a ring, or ſome like thing, and kéepe it in the fire, vntill it bee redde hot, not melting it: then they carry it with a paire of tonges, and laie it vpon the place, where they will no haire ſhall growe, and immediatly annoint it with oile of roſet, or the oile of violets: then after fower and twentie howers, they do the like againe: And by this meanes, there groweth neuer haire in that place. I haue oftentimes made the hair to fall from yong gentlewomenes browes & fore heddes with this medicine, and they haue found it wounderfull: but the golde muſt bee very fine, which ſuffereth no token, marke, or ſkarre to remaine where the burning was, as other mettals doe.

I haue

I haue kept this secret hidden a long time, and although that diuerse times men would haue giuen me great gifts, yet would I not publish it abroade, vntill now that I haue done it, in this present booke.

To make a kinde of cloth, called cloth of Leuant, wherewith women vse to colour their faces.

TAke the shearing of scarlet and boile it in water where quicke lime hath bene boiled: and after you haue boiled it a good space you shall straine it, and take a pot full of it, & put into it two vnces of Brasill cut in little peces, adding to it an vnce of Roch-alome & asmuch of Verdigrease, and a quarter of an vnce of gum Arabicke: And after you haue well boiled it the space of halfe an houre, take a pece of an old linnen cloth of what bignesse you will, and wet it in this decoction of red colour, then couer the pan, and let the said mixion coole by the space of a daie: and after you haue taken it out, drie it in the shadow, & keep it in some vessell among odoriferous and sweet things, for to help you.

The same another waie.

TAke a glassefull of Aqua-vitæ, a quarter of an vnce of the graine that I spake of before, called Cocum, halfe an vnce of Brasill, halfe an vnce of gum Armoniacke, put all these thinges together in the glasse where the Aqua-vitæ is, then stop it close for feare it take vent, and the said glasse must be full: after this set it vpon a small fire, making it seeth faire & softlie, or else set it in the sun by the space of two or three daies. This done, straine it, and put in it peces of old linnen cloutes as we haue said before. If you thinke in straining this water that the colour is not redde to your mind, you maie put in more of the said graine and Brasill.

To die a white beard, or haire of the head, into a faire black.

TAke good Galles of Leuant or such like, and frie them in oyle, but let them not burn: then stampe them, and sift

them once or twice. Take also Ferretum or Spanish black which the Frenchmen call Atrament d'Espagne, the which likewise you shall stampe, and beate well to pouder. Then take a panfull of lie, and put into it the pilles or rindes of Pomegranades, walnut pils, pine-apples, mirrhe, sage leaues, as much as you will. Let all this boile together, vntil it be brought vnto the third part. You must haue in it also two parts of gall, and one of Ferretum, tempering and incorporating all well together, vntil the blacke colour content you, wherewith you may die your beard and haire in this maner. Washe your beard with lie not too strong, least it hurt you: and whiles your head or beard is yet hotte, annoint it with the said confection: but it must bee luke warme, to the intent that it may penetrate and pearce the better, and so leaue it a certaine space. Then wash your head or beard first with lie, and then with hotte water, and then you shall haue your head and beard faire and blacke. This hurteth not, nor smarteth any thing at all, neither bringeth any inconueniencie to the head.

A noble & excellent pouder to make cleane the teeth, to make them fast & white, & to conserue the Gummes. A better thing cannot be found, & is as it were to giue or present to a Queene or Princesse.

TAke Lees of graine, if you can get it, if not, take of the graine it selfe that is very good ten parts, seuen partes of Barley-cakes or bread, so burned that they be brought to coales, Lignum Aloe two partes, fine pomeise stone scoured and made cleane in embers, and steeped or tempered in white wine or in vineger, eight partes, Dragons bloud three partes, Roche-alome burned foure parts, Honie burned in a pan vntill it be first blacke, and then yellow, three parts (and this may you doe of the Lees of honie, that remaineth when it is distilled, putting it in a paune, and setting it in a glasse-makers Furnace, the space of a daie or twaine)

twaine) coales of the wood of Roſemarie three partes, fine Sinamon two parts, Bengewine one part, Bole Armoniack Orientall nine parts, white wine lées two parts, Alabaſter one part, ſmall pearles one part, the ſcraping of Iuory two parts, little Quinces not ripe, of the bigneſſe of a walnut, or a little more, ſix parts. Now the beſt be thoſe that be not come to perfection vpon the tree, the which you muſt burne in the fire euen vnto coales, Maſticke eight partes. Let all theſe things be wel ſtamped, and paſſed through a fine ſarce adding thereto a little muſke and ſome gold or ſiluer foile. This done, you ſhall kéepe the ſaid pouder in ſome bore well ſtopped, and ſo ſhall you haue a pretious thinge: and when you will occupie it, waſh your mouth well firſt with cleane water or wine, then rub your téth with your finger or ſome linnen cloth, taking of the ſaid pouder vppon it, and after waſh your mouth well. Thus of doing, you ſhall alwaies haue your téth verie white, faſt in your head, ſtrong, & not hollow.

To make a very excellent conſerue to ſcoure the teeth, to comfort the gummes, & to make a ſweet & good breath.

BEcauſe that the vſe of the pouder to ſcoure the téth, ſéemeth leſſe commodious then ſome licour or conſerue, which doth agrée better with the mouth: therefore wee will write here a verie excellent one, the which hath not his like in the whole world, and muſt be made as followeth: Take one part of ſirope Roſet, two parts of the ſirope of Mirtle, or of the wood called Lentiſcus, out of the which commeth a gumme called Maſticke, put this together in a verie cleane panne, then put to it of the ſaid pouder for the teeth, whereof we haue ſpoken in the chapter before, ſo that all may be brought into ſofte paſte or dough, then ſet the little panne vpon a chafing diſh, wherein muſt be ſome hot aſhes, with a few embers, or elſe at the leaſt ſet it farre from the fire: and make it boile faire and ſoftly, ſtirring it alwaies vntil it be

as thicke as honie or thicker, then take it from the fire, & put it in some gold foile & musk, what quantitie you will, & so shall you haue a singular thing, for to do this that I haue spoken of.

An aduertisement or lesson, concerning the making of pouders, & conserues for the teeth.

IF you will make the said things as excellent as is possible, you must take of the said thinges as much as you may get: or if you cannot haue them all, take at the least the most excellent, as graine, pearles, coral, yelow amber, Lignū Aloes, Bole Armoniack, also coles of Barley cakes or loaues when they are burned, and all the other things be verie good in it. And if you would giue it to some great prince or lord, which had rather haue it of a good colour, or would knowe the things in it, you may make it (as is said) of few thinges, with gold foile and muske. And he that wil make it with lesse cost & a greater quantitie, may (with the thinges mentioned in the chapter with the pouder) adde pouder of brickes, pouder of marble. Creuise or lobsters shels of the sea or riuer burned, & a little white salt: the lees that remaine in the bottome, when men make strong water called Aqua fortis, is also verie good, either by it self, or mingled with some other thing, & so shal you haue a great veale of substance with small cost. And if a man wil make a conserue of little charge, and without much labor, he must take raw honie, or honie roset, & mingle it with the said pouders, & so rub his teeth therewith, with his finger, or with a linnen cloth, & wash his mouth well after it. Doing this euerie eight daies, he shall make his teeth very faire & white. A thing verie good, & meet for euery man.

An exceeding white & good pouder to scoure the teeth which is meeter for Lordes and great men, then any of the other before.

FIrst here is to be noted, a goodlie and notable secret of great vertue, for to scoure and make white teeth, which is the

the Pomeise stone alone, so that it be of that fine and white stone, which shoomaker vse vse to whiten white leather shooes, and well beaten into pouder: for in rubbing your teeth with the same pouder it scoureth and maketh them cleane, and taketh away all the roughnes of them, as men see by experience, that the pomeise stone is vsed to poolishe bones, marble, and other like thinges. I haue seene of my frendes, men of great iudgement and knowledge, which gaue nothing vnto great men and lordes, but the said pouder: when it is well beaten into pouder, a man cannot tell what it is: also you may giue it a little sauour, laying it among bags of muske and Amber, of whome it taketh an odour, and I haue seene men of estimation, that held it for a thing of great importance, when they sawe the vertue and operation of it. Now if you wil make a white pouder more noble and more profitable for the teeth and gummes, take small pearles stamped a little or else whole, and put them in to a dish or wide glasse: then take the iuice of limons or Orenges strained through a linnen cloth, at the least six or seuen times, and poure it vpon the said pearles, vntill it couer them ouer three or fower fingers high, and you shall see that in short space it shall begin to boile, and then couer it with some paper or linnen cloth, leauing it so three or foure daies, and at the end you shall finde the said pearles dissolued and molten in the said iuice, and turned into a paste as white as snow, marie there will be a little yellowe skinne vpon it, engendred of the said iuice. This done, take cleare well water, or the water Lemises distilled, and powre it vpon the said paste, three or foure fingers heigh about. Then take a little sticke, or the steale of a siluer spoone, or some thin sticke, and stirre the paste well about in the said water, letting it so stand and finallie cast out the water, and if you see yet any yellowe remaine vpon the said paste, wash it againe as before, and couer it with a paper, letting it so drie of it selfe in the sunne. After this you shall take three parts of the said paste or white pouder, foure partes of white

pomeise stones as is aforesaid, two partes of white Benge wine, one part of Roch alome wel burned, one part of white corall, halfe a part of white Iuorie, halfe a part of Alablaster verie white. Breake and bruse all these wel vppon a table of Marble, or in a siluer cup, putting to it some siluer foile, and thus shall you haue a verie white and excellent substance or matter to make your teeth as white as snow. And if you will, you may put it to kepe in a conserue, with the sirop of Cedar or Honie roset, or otherwise as you will: and if you wil make the said pouder verie red, bruse it onelie with the Lacca of graine, and a little red corall. Nowe because that in stamping it wil wax somewhat white, put vnto it a little of the iuice of Dragons bloud, and also gold foile. You many also giue to al the said pouders what odor and sauour you wil, but vnto the white pouder you maie put no muske, nor Amber, nor any other such like drugs, for it would take awaie the whitenesse thereof, but you maie put it well enough in a little bagge among muske, or else other odours.

A distilled water, excellent for to make the teeth white immediatlie, & to preserue them wonderfully.

TAke a pound of the first water distilled of Honie, the which is white, then put it in a violl with an vnce of common white salt, halfe a pound of rawe Roche-alome, an vnce of Salnitrum, halfe a pound not the water of the leaues of Lentiscus, two vnces of Mastick, the height of two fingers of vineger in a glasse, and as much white Wine. Distill all these thinges with a small fire, that they smel not of the smoke, nor of any burning, continuing your distillation in such sort, that you be at the least foure and twentie houres in distilling of the whole, or else you may make it distill in Balneo Mariæ, which is accounted the surest of all. Now you must continue your distillation so long, vntill there bee moist substance to come forth: and into the water that distilleth out, you shall put a little pouder of Cinamon

mon, a little Lignum Aloes, and Bole Armoniack, for to giue it a red colour, which many men like well: also for to giue it a strength and odour, you shall put in raw honnie, making it to dissolue in the heat of the sun, for it is a thing good for the guns, and giueth a good sauour into the water. Keepe this well as in excellent thinge and it were for a Queene. And when you will occupie of it, wash well your mouth first, and wipe your teeth with a little peece of white linnen cloth, and then pick them with a tooth picker, made of the wood Lentiscus, or some other thing wet in the said water, or with a little cloth rub them a little, and incontinentlie you shall perceiue and feele it fasten, and bind your gums and comfort your teeth, making them faire and white. And he that loueth better the white then the red, let him put no Sinamon, Bole Armoniack, nor Lignum Aloes into it, after it is distilled, but let him put it in to distill with the other things, putting of each of them as much as there is of Masticke, and it shall be euen as excellent, and as white as otherwise.

Three aduertisements or lessons of importance, to keepe the teeth white and vncorrup, and also a sweet breath.

THE first is, he that weth not to wash well his mouthe euer, when he hath eaten his meales, shall haue all waies yellow teeth, and a stinking breath. The second is, hee that slæpeth with his mouth close hath likewise an euill breath and foule teeth. The third is, that for to maintaine and keepe the teeth faire and white, and likewise a swéet breath, when a man is laid in his bedde, and when he awaketh in the morning, it is good to purge well the breast and throte spitting out all that is gathered together that night: which also is good for the stomack and head. And hauing your teeth and breath warme, take a linnen cloth of the corner of the sheet, and rub your teeth well within & without, to take away the fumositie of the meat, and the yellownesse of the teeth, gathered

gathered together in the night: for it is that that maketh your teeth yellow, and gums red, & corrupteth your breath. This is a verie necessarie thing to be knowne, and ought well to be obserued. It is also good to eate euerie morning some graines of masticke.

A decoction to wash & scoure the mouth, to fasten lose teeth, to consolidate & make sound the gums, & to make the flesh grow againe, if it were decaied, or fallen awaie.

TAke halfe a glassefull of vineger, and as much water of Lentiscus, of Rosemarie, mirrhe, Masticke, Bole Armoniack, the moysture that distilleth out of Dragons bloud, Rock-alome burned, of each of them an vnce, fine Sinamon halfe an vnce, well, riuer, or fountaine water, three glasse fuls: mingle all well together, and let it boile with a small fire, adding to it halfe a pound of honie, taking awaie the scum of it, then put in a little Bengewine, and when it hath boiled a quarter of an houre take it from the fire, and kéepe it in a cleane viall and wash your teth oftentimes withall, as well before as after meate: and holding it a while in your mouth, it is verie good for the head. and maketh a swéet breath.

A thing of great excellencie.

To make a perfect Azure, such as commeth from beyond the Seas.

TAke first a pound of Lapis Lasuli, spotted like Marble, & some what of the colour of azure, with some veines of gold or green, of the which you shall make this proof following. Take a little peece of it, and put it upon hot coales, blowing it with a paire of bellowes the space of an houre, then let it cole againe: and touch it with your hande: if it breake and undoe like earth, it is nothing worth, but if it abide firme and hard together, and keepe the colour of azure it is good. Then take a pound of the same, & breake it into small peeces: which you shall melt in the fire the space of a good hour blowing it continuallie. This done, take good vineger distilled in some kind of vessell, wherein you shall quench the said peeces, and let them dye: then take water made as followeth. Take a pan leaded, & put in it a quarte of cleare water and a little raw white honie. Boile it, and skim it well untill there be no more scumme, and so lette it cole. Then take of Dragons bloud wel stamped, the quantitie of a Walnut, and weat it little and little with the said water, and it being well deeped, straine it through a linnen cloth into some vessel leaded. And you must note that the water may not be too redde nor too cleare, but betweene both: that is to saie, betweene cleare and redde, to the end that the azure may take a violet colour. After this bray well the said Lapis Lasuli, so moulten and burned with the said water (as vermileon is commonlie brayed) by the space of an houre & more: then assemble it together in a glasse, or som other vessell leaded, ample and large, dying it in the shade, and not in the sun: for it would lose his colour. And when it is

it is drie beat it well to pouder, and kepe it in some cleane linnen cloth well bound: then make this paste following. Take two vnces of the rosen or gumme of a Pine tree, two vnces of Pix græca, two vnces of Pasticke, two vnces of the Dyle of Line, two vnces of Turpentine, two vnces of new ware: stampe wel that which must be stamped, and cut the ware into small peces, then put all in a newe pan and boile it til it come to his perfection, which may be knowne by casting a drop of it into colde water, and if in taking it with your weat hand it cleaue not to your hande, it is perfect: and therefore you shall straine it through some cleane cloth into a vessell full of colde water, but this must you doe while it is yet hotte, for if it be colde it will not straine, and leaue it so long in the water vntill it be harde, then take it and set it to drie. Now when you will incorporate it with the pouder doe thus: cut the said confection in small peces, which you shall put into some kettle tinned within, and set it on the fire, and when it beginneth to bubble vp, put to it an vnce of the oyle of bitter almonds, letting it so boyle the space of two Misereres, and in the meane time make readie your pouder of Lapis Lasuli in a vessell, with some little stick made for your purpose: then take the kettle, and poure it by little and little into the vessell vpon the said pouder, not ceasing to stirre it alwaies with the little sticke, vntill it bee all well incorporated with the pouder of Lapis Lasuli. This done let it coole, then annoint your hands with oyle Olive, and take the said substance and tosse it vp and downe with your handes, to the end to incorporate it wel together. And after you haue brought it to the forme and fashion of bread or paste, put it in a vessell leaded, and kepe it so the space of ten daies at the least: And when you will take out of it the azure, make first cleare lie with the ashes of Vines, of the which you shall set a kettle full to the fire, seething it as hot as you may endure your hand in it, then after put the said confection or paste in a vessell leaded and adde to it almuch

of the saide Lie as you shall thinke good. Then stir the said substance faire and softlie untill you see the azure come out, and when you see it issued out, poure the said lie with the azure into a vessel leaded, of the which vessels you must haue a good number, then put to it againe of the other hot lie, doing as before, putting it afterward againe into another vessell, and doe thus untill there be no more azure. And here you must note, that of a pound of Lapis Lasuli if it be fine, there is lost but an vnce, and is had out of it in the whole xii. vnces; that is to saie, fiue vnces of good and fine, three vnces of a mean sort, and three vnces of courser. The fine is worthy at the least two crownes and a halfe the vnce, the meaner a crowne an vnce, and the other halfe a crowne. Now after you haue gotten out all the azure, take well which is like the one the other, for to put eache of them by themselues into three parts as we haue said. Then wash it well with faire & cleare lie, powring it out of one vessel into another, untill it be come to a good colour, and purified from all ordure and filth. And when you thinke it is cleane enough, drie it in the shadow in a chamber, and when it is drie, take a glasse full of fine Aqua vitæ, and steepe in it a little good Brasill, and then trim and drosse your Azure with the same Aqua vitæ and let it drie, continuing so the space of three daies, untill the Azure be participent, and hauing taken part of such licour, and then it shalbe an excellent fine colour. Keep eche sort by it selfe in bags of leather, well sowed and bound.

To make a fine confection of Graine called Lacca of graine.

TAke a pound of the shearing of Scarlet, and put it in a new panne ful of Lie, that is not too strong, and boyle it untill the lie take the colour of it. This done, take a bag large and wide aboue, and narrowe pointed beneath, wherinto you shall poure the saide shearing of Scarlet, and the lie, setting a vessell vnderneath, then wring and presse the bagge

bagge harde, that al the substance, and al the colour may straine and drayne out, after that wash the shearing, and the bags in the vessell where the colour is. And if you thinke that the shearing hath yet more colour in it, boile it againe with other lie, ordering it as before. This done, ye shal heat the said coloured lie vpon the fire but let it not boile, and you must haue readie vppon the fire some cleane pan with clean water, into the which being hot you shal put fine vnces of roch alome beaten to pouder: as sone as you see it dissolue, take a bag like vnto the first, & when the colour is hot, take it from the fire, and put into it alome, and talk altogether into the bag, setting vnder it some vessell leaded, & looke if vnderneath the colour come out red, then take hot water & poure it into the bag, with all the rest that was strained out of it into the said vessell vnder the bagge, & poure that so often, which shal straine and run out vnderneath, vntill the licour that shall issue out bee no more red but cleare as lie: hauing thus strained al the water, the colour will remaine in the bag, the which you shall vndoe and sever asunder with a slice of wood, putting it downe to the bottome of the bagge, and bring it al into a masse or lumpe, or into little tablettes or into what maner of forme you will, and then drie it vpon a new cleane pauing tile in the shadow within your house, or else abroad where no sun shineth: and so shal you haue an excellent thing of it.

To die bones in a greene colour.

TAke a pan full of cleane water, and put into it a good great peece of quicke Lime, leaving it so the space of a daie. The next morning mingle it verie well together with a sticke and so let it rest, and at none stirre it againe, and likewise at night. The next morning following you shall straine it cleane out and keepe it: in the meane time haue the bones that you will die in a readinesse, and boile them well in other common water wherein roch alome hath bin dissol-

diſſolued, and when it hath boiled a good ſpace you ſhall take them out and let them drie, then ſcrape them well with a knife, and put them into the ſaid Lime water, and adding to it ſome Verdigreaſe, you ſhall let them ſeeth well, and then take them out: and after you haue wiped & dried them, doe with them what ye will for they will be very faire: and inſtead of the ſaid lime water you may vſe piſſe, which will be of the like operation.

An other maner how to die bones or Iuorie, into the colour of any Emerald.

TAke Aqua fortis ſeparatiua, and put therein to freate and diſſolue as much copper or braſſe as the water is able with her force to diſſolue and loſe: this done, put in what peece of worke you will, being firſt cut in the forme that you will haue it, as hafts for knines, penknines, inkhorns, Images, or any other thing to your fantaſie, leaue them in it the ſpace of a night, and they ſhall be of the colour of an Emeraud. Now, if in ſtead of Copper or braſſe, you did put in ſiluer, it would be the better.

To die bones red, blew, or of any colour you will.

FIrſt boyle your bones in Alome water, then take quicke Lime water or piſſe, and in this water or piſſe, you ſhall put Braſill, azure, or an hearbe called Rubia, which the Apothecaries call Rubra maior, and Rubra tinctorum, or Rubea tinctorum, in English Madder, wherewith they colour woll or ſkins, or what other colour you will, and then ſeeth your bones or Iuorie therein, and they will take ſuch colour as you put in.

A very goodlie ſecret to die or colour wood, of what colour a man will, which ſome Ioyners doe vſe that make Tables, and other things of diuers colours, and doe eſteeme it among themſelues to be of ſuch excellencie, that one brother will not teach it another.

TAke earlie in the morning, new and fresh horse doung, made that night, and take of the moystest ye can get, with the strawe and litter and all, and laie it vpon some little sticks layd a crosse, one ouerthwart an other, and set some vessell vnderneath, for to receiue that shall drop or fall from the said doung. And if you cannot haue enough in one morning, doe the like two or three times, or as oft as you will: then when ye haue well dreamed out the water of this doung, you shal put into euerie pot of the said water the bignesse of a beane of roch Alome, and as much gumme Arabicke. Then steepe what colour you will in it, vsing diuers vessels, if you will haue diuers colours, and put in what peeces of wood you will, holding them at the fire, or in the sunne: and at each time pluck out some peeces, and lay them apart, leauing the other in: for the longer ye let them lie in water, the more will the colour alter. And in this maner, you shall haue a great quantitie of diuers colours, the one clearer, the other darker, and may vse it to your commoditie, to what vse you list, for they shall be coloured both within and without, so that they will neuer lose their colour neither by water, or any other thing.

To counterfeit the blacke wood called Hebenus or Hebenum, and to make it as faire as the naturall Hebene, which groweth no where but in India.

Sola India fert Hebenum.

ALl kinde of wood that is like vnto this Hebene, may be died blacke: but the hardest and the massiuest (as Box and other) are meetest for it, and will bee brighter: and aboue all, the wood of the Mulberie tree, as well the white as the blacke, is the best to bee coloured, albeit the blacke be much more for the purpose: take then the said wood, and let it lie the space of three dayes in Alome water, either in the Sunne, or a pretie waie off from the fire, vntill the water ware somewhat warme: Then take oyle olive, or oyle of linesed, and put it in a little pan, wherein is the bignesse

of

of a nut of Romaine Vitriall, and as much Brimſtone. This done, ſeeth your wood in the ſayd oyle, a certaine ſpace, and ſo ſhall you haue a thing verie darke of colour. And the longer you let it boile, the blacker it will ware, but too much oyle burneth it, and maketh it brittle, therefore, both in the one and the other, you muſt be circumſpect, and vſe diſcretion.

To die Skinnes blew, or of the colour of Azure.

HAuing firſt well waſhed the ſkinne, and then wrung him, take the berries of Wallwort, and Elder berries, and ſæth them in water, wherein roch Alome was diſſolued, paſſe him once through this water, and let him drie, then paſſe him againe through the ſame water, and being wiped and dried againe, waſh him with cleare water; then ſcrape out that water with the backe of a knife, and once againe paſſe it ouer with the ſame colour, and let it drie, ſo ſhall it be of a verie blew, or azure colour.

To die Skinnes in Madder, called in Latine Rubra maior, or Rubra tinctorum, into a reddiſh colour.

HAuing annointed, waſhed, wrung, and layd abroad the ſkinne, as is aforeſaid, wet it with water that white wine lees, and baie ſalt haue bene boyled in, and then wring him: take then Creuiſes, or Crabbes ſhelles, (be they of the Sea, or of the Riuer) burned into aſhes, the which you ſhall temper with the ſaid water of the lees and ſalt, and rubbe well the ſkinne therewith: then waſh him well with cleare water, and wring him: this done, take the redde colour tempered with water of Lees, and rubbe the ſkinne well ouer and ouer with it, and then with the foreſaid aſhes, waſhing and wringing it three times. Finallie, after you haue waſhed him, and wrung him, if you thinke it be not well enough, you ſhall giue him once dying with braſill: the paſte or maſſe of Rubra tinctorum muſt be made with water, that lees of Tartre hath beene boyled in, and the ſaid water muſt be luke warme, when

Ireos, a kind of Flower de luce called in Latin Raphanitis.

you may make the paste of the red colour, then leaue it to the space of a night. After this, put vpon the said Rubra tinctorum, a little alome, dregs or lées, or alome Catinum steeped in water. You may also adde to it the colour of the shearing of Scarlet, which hath béene taken out boyling in lie, which is a goodlie secret.

To die Skinnes greene.

ANoint the skin, and wash him well with cold water, and then in hot water, and so wipe and drie him. This done, take of the graines wherewith men make the Sap greene (the decoction whereof shall be put hereafter in this part, with them of all other necessarie things) and the said grains or berries must be verie ripe, then put them in cleare water couered a finger heigth, put therein also roch alome, and giue them onelie one waume on the fire. This done, straine them out into some vessell, then take the skin, and fold him in the middle, rubbing him well on both sides with the said sodden graines or berries which remaine in the pan, and after with raw alome pouder. This done, take the ashes of Sheeps dung burned, and wet it with the said colour that you strained into the said vessell, and rub the skin well on euerie side, then cleare him againe of the said graines, and wash him with cleare water, and set him to drie without wiping him. Finallie cast on him two glasse-fuls of the said colour, and it will be a perfect grene.

Sap greene is made with the berries of a dog berry tree.

Another waie to die Skinnes greene.

LEt the skinne be annointed, well washed, wrung, and stretched out as before, then take of the same graines and berries ye toke before, which you shall stampe and seeth in roch alome water, and giue the skinne two wipes ouer with this colour, and so you must let it drie. Then after all this, ye shall giue him one dying or colouring of yellowe, made with the graines or else the berries of Nerprum, sodden in Water and Alome, and a little Saffron, and you shall

ſhall haue an excellent gréne.

To die the ſaid Skinnes another way.

TAke the ſkin being annointed, waſhed, and ſpread abrode, die and colour him with the colour made of Sapgréne, and put to it a few aſhes wet in water, and ſo rub the ſkin all about. And when you haue waſhed, and wiped him againe, giue him one wipe ouer with an Indian colour ſodden in roch alome. And when it is dry, lay on it of the foreſaid yellowe, and you ſhall haue a faire and liuely gréne.

An other way to die skinnes of Azure colour, and faire.

TAke the ſkins of blacke Grapes, and rub well your leather with all, vntill it ware ſomewhat blew, and alſo rub it well with the ponder of Indicum, then waſh it dry, and poliſh it. Then ſcape the Indicum in thicke red wine: and when the ſkin is waſhed, annoint him with it, and you ſhall haue a faire ſkin azured blew.

To die Skinnes red.

WAſh well your ſkinnes, and lay them in Gall, leauing them ſo the ſpace of two houres, and then wring them, and giue them one wipe ouer with the colour of Liguſtrum, ſod in water, and Alumen ſecis. Then put to them ſome Spaniſh gréne, at your diſcretion. This done, giue them two dyings or coleurs of, or with Brazill ſodden or boiled with Lie. And note, that if you will die Neats leather, or Spaniſh ſkinnes, you muſt boile the Liguſtrum in ſweete and cleare Lye.

An other maner to die Skinnes greene.

YE ſhall take ripe Elder berries, and the berries of Walwort, and of Sap gréne, and this well ſtamped, you ſhall put to it roch Alome, as much as you ſhall thinke good, but rather too much then too little: then take the Lie, and put into it the ſaid berries of Sapgréne, and ſeeth them

one waume. This done, put in the berries of the walwort, or elder, and make them seeth also one waume, then take them from the fire, and let them cole, and after rub the skinnes with them. Finallie, you shall cast vpon them the ashes of Sheepes dung, rubbing them well with it. After this, giue them coloured water, that the said graines or berries were sodden in, then take off the water with a curriers knife, and let them drie. And if you neede to giue them more colour, then you may put in more Indicum boyled, and it will be the better.

To die Neates leather into a greene colour, as well in Gall as in leaues.

POlish well the leather with a Pomeise stone, annoint it well with oyle, and wash it: then take an ounce or two of Galles stamped, and put it in hote water, leauing it so an houre, then straine it through a linnen cloth, and put the leather into the same water, rubbing it well with your hands, and leaue it so the space of an houre: and hauing taken it out, wring and stretch it abroad, and tight it. Then take the graines or berries of Nerprum, gathered in Julie, when they be yet greene: dry them and stamp them well, adding thereto for euerie skin, two ounces of the roch alome, beaten in pouder, and mingled with the pouder of the said berries or graines. Then powre vpon the said pouder boyling water, and let it cole: This done, powre of the said water with the said graines vpon the skin, rubbing it well ouer with the palme of your hand, then steepe the ashes of Goats dung in the water of the said graines, and with the same water rub likewise the skin well with your hand, after this wash him, and scrape out the water with a tanners paring knife, then tight him out, and take other ripe graines of Sapgreene, and set them to seeth whole in water with roch Alome, and afterward let them cole. Then take of the said sodden berries or graines, and rub the skin with them with your hands, and put of the ashes vppon it, which you shall steepe in the same greene water, that the said berries were

were ſodden in. Finallie, you ſhall waſh the ſkin, and take out the water with a ſcraping knife, then you ſhall giue it a courſe ouer of the ſaid greene water, with a bruſh or clout meete for ſuch a purpoſe: and then lay them to drie and trim him, and you ſhall haue a faire greene. If you will haue the colour darker, or ſadder, when you ſet the ſaid graines to ſeeth with the Alome, you ſhall put to it a little Indicum well braied. And you muſt note, that the water be hote, when you ſteepe the aſhes in it, with the water of the graines of Nerprum.

To die Skinnes with the flowers of Ireos.

TAke the freſh flowers of Raphanitis, or Ireos, and ſtamp them well, then take the drie graines or berries of Nerprum, and with them ſtamp roch Alome, a reaſonable quantitie, whereof a great deale can doe no hurt: put to it a little raine water, and mingle all this with the foreſaid flowers ſtamped. Keepe this colour in ſome cleane veſſell, and then take the ſkinnes, beeing annointed and waſhed, as is aforeſaid, and put to them the graines of Sapgreene, with the ponder, in the ſame maner that wee haue ſpoken of the other: waſh them, and ſcrape off the water with a knife, and ſo let them drie, and giue them one wipe ouer finely, with the ſaid colour that you kept, let them drie againe, then dreſſe them according to the ſcience, and you ſhall haue a faire leather.

To die bones in a turkiſh, or red colour.

ALl kinde of bones may well be died and coloured, but Harts horne is farre better then anie other: take then what bone you will, and ſhape him into what forme you pleaſe, and poliſh him, and then boyle him in roch alome water a good while, letting him afterward dry, then take good greene: and ſteepe it in that whey of Goates milke, and put it in ſome copper or braſen veſſell well couered, and hide it vnder a doung hill the ſpace of fiftéene or twentie dayes, & then ſhal you finde it very faire. You may make the like alſo with the vrine of a man, in ſtéed of the Goates whey.

And for to make it red, put in Cynabrum, or Brasill, in stead of grene: but then you must put it in some vessell of wood or glasse, and not of copper nor brasse.

To die hogges bristles, and other things, for to make Rubbers and Brushes.

First wash well the Bristles, then take water wherein roch Alome hath bin boiled, and put the said bristles therein, and let them lie, untill they take colour somewhat yellow: Then take Madder well stamped, and put in Vineger. Afterward set a kettle with cleare water on the fire, whereinto you shall cast the said Madder, with the Vineger and all, and when it beginneth to boile, cast in the bristles, and let them seeth but a verie little while, then take off the kettle from the fire, and let it cole, and so shall you haue your bristles of an excellent good colour.

To die the said bristles yellow, greene, or blew, or any other colour.

First, you must wash them, and let them boile in alome water, as the other before: Then take Liguſtrum, and Saffron, if you will haue them yellow: Indicum, or the iuice of Elder berries, or walwort, or els the flowers of Ireos, if you will haue them blew. If you will haue them grene, take painters grene, and dresse them as aboue said, assaying sometime if the colour please you. And by this meanes you may die them what colour you list.

To make a purple or purpurine, which is a colour wherewith men vse to make a colour like golde, for to paint and write with.

Melt a pound of fine tinne, and melt it as it is, take it from the fire, and put into it eight or tenne ounces of quicke siluer, mingle well altogether, untill it be like as it were dowe, then take a pound of Brimstone, and a pound of Armoniacke salt well braied. Incorporat all this with the said dowe of the Tinne and Quicke siluer, and braie

braie them well together in a morter, or other vessell of wood or stone, and not of brasse. Then put all this composition into some viol, which must be well luted, or claied about the mouth, or so emplastered, that the claying or luting be higher than the viol, a finger height or twaine: Then afterward set it so upon the furnace, making to it a slow fire at the first, afterward a little bigger, and so you shall maintaine it, stirring at times with a little sticke that which is in the glasse. And when you see that it will make a yellow colour, take it from the fire, and let it cole, and so shall you haue a very faire purple colour, like the colour of gold: afterward bray it with lie, and wash it with pisse or lie, adding to it a little Saffron, and steepe it with gummed water, as you shall see hereafter more plainely.

To make Lacca of Brasill.

TAke two pailes full of strong lie, and put in it a pound of the shearing of fine scarlet, and let it boyle vntill the said shearing be altogether dissolued, and consumed into water: then after powre it into some vessell of wood, or stone, and cast it in by little and little, a pound of roch Alome, mingling it well with a sticer of wood, and powre also to it, by little and little, two pailes full of cold water. And after put it in a straining bag, and let it dreane and trickle out, then put that that remaineth in the bag into some vessell of glasse. This done, you shall set on the fire a pound of Verzine, or Brasill cut in peeces, into a paile full of lie, and let it seeth vntill it be diminished, the thicknesse of a finger, then straine it in another bag, and let the water that commeth out, be set againe on the fire, with an ounce of gumme Arabick made in powder, and let it seeth vntill it be diminished halfe a finger: then powre it vpon the said composition, that you did put into the vessell of glasse, mingling well altogether with a wodden sticer, then put it in a bag, and straine it well. The dew of Verzine will remaine in the bag, whereof you may make round apples or balles, and drie them in the shadow, and it will be perfit.

To

To make white tables to write in with the point of a wire, such as come out of Germanie.

TAke plaster called Gypsum, cribled or sifted, and steepe it and temper it with Harts glue, or other, and giue your parchment leafe one touch with it, and when it is drie, scrape it, that it may be euen and bright. and couer it euer againe with the said plaster called Gypsum, and scrape it as before: then take Ceruse, wel brayed and sifted, and steepe it with the oyle of Line seede sodden: annoint your tables with this mixtion, and let it drie in the shadowe, the space of fiue or sixe daies. This done, take a clout or linnen cloth wet in water, wherewith you shall sticke and make smooth the said tables, but the cloth must first be wrung hard, and the water pressed out, then leaue it so the space of fifténe or twentie dayes, vntill it be through drie, then applie it to your vse.

To make Roset or Ruddie.

TAke an ounce of Brasill broken small, a quarter of an ounce of Ceruse, and a quarter of an ounce of roch alome, mix all these things well together, and stamp them well, then poure pisse vpon them vntill they be all couered with it, leauing it so the space of thrée dayes, and mixing it thrée or foure times a day. Afterward straine it through a linnen cloth, and put it in a pan not leaded, or in a morter of white stone, and let it drie in a place where there commeth neither Sun, nor day light: then scrape the said Roset and keepe it, and when you will write withall, steepe it in gummed water.

To gilt ouer parchment, leather, or such worke, which men vse in stead of hangings or Tapistrie.

TAke thrée pound of oyle of Line, Vernix, Pix Græca, of each a pound, halfe an ounce of saffron pouder. Boile all this in a panne leaded, so much and so long, that putting into it a hens feather, and taking it by and by out againe, it séems

ſeeme as it were burned. Then take it from the fire, & take a pound of Aloe Epaticum, of the beſt, well made in pouder, and caſt it in by little and little, ſtirring it incontinent well together with a ſtrong ſticke: for otherwiſe it would ſwell and riſe vp aloft. And if in caſe for all the ſtirring it riſe vp, take it off the fier and let it ſtand awhile, and ſet it on the fire againe, making it boyle anew, ſtirring it alwaies diligently. And when all is well incorporated together, take it from the fire and let it reſt a while, then ſtraine it through a linnen cloth into ſome other veſſel wherein you will keepe it, when it is made. Now if in ſtead of the ſaffron ye did put to it of the yellow ſeed, which is in the flowers of lillies, you ſhall make it much better and fairer. When you will gilt the parchment, you ſhall giue it the ground and ſituation, with the white of an egge, or gum, whereupon you ſhall lay ſiluer or tin leaues, but it ſhall not be ſo faire with the leaues of tin as with ſiluer. Then lay the ſaid Vernix hot vpon the parchment or leather ſiluered, and you ſhall ſee immediatlie a colour of gold very faire. Let it dry well in the Sun, and print it, and then paint it with what colour you will.

To die Crimſen Silke.

FIrſt cut in ſunder or ſcrape hard ſope ſmall, and melt it in common water, then tack your ſilke in a linnen bag, or of fine canuas and thin, and put it in a kettle with the ſaid water and ſope. Let it boyle halfe an houre, ſtirring it that it cleaue not to the kettle, then take it out and waſh it in ſalt water, and after in freſh water. Make alſo for euerie pound of ſilke a pound or more of roch Alome, alaied in cold water, and ſee there be water enough, into the which you ſhall put the ſaid ſilke without any bag, and without ſetting it on the fire, leauing it ſo the ſpace of eight houres: then take it out and waſh it in freſh water, and after in ſalt water, then againe in freſh water, and let it not dry, but put it wet as it is in a kettle with the crimſen, well ſtamped and ſifted, that is to ſay, three ounces for euery pound of ſilke. If

you

you will haue the silke of a higher colour, take foure ounces of it, and boyle it in as much water, as will couer the silke, and that the water be aboue foure or fiue fingers high, and for each pound of the said crimson, you shall put in three ounces of small galles of Istria, well beaten into powder: Or in stede of them, you may put in halfe an ounce of Arsnicke Cristaline, which wil make the colour fairer, but it is dangerous because of the smoke, and all inconueniences that may happen, where such water may fall. And when it beginneth to boyle, put into it your silke prepared and ordered, as is aforesaid, and let it boyle a quarter of an houre. Finally, take it off, and let it dry in the shadow, and you shall haue an excellent thing.

To prepare and trimme Brasill, to make of foure diuers colours.

PVt Brasill in as much cleane water as ye will, and seeth it vntill it be diminished of the third part, or at the least vntill the colour please you, that is to say that it be very red, then diuide the colour into foure partes: and if of one of the partes you will make a red colour or roset, put nothing to it, for the colour will be such of it selfe. If you will make the other part blew, put to a little Lime water, and you shall haue a faire blew: Mary the Brasill must be luke warme. If you will make it violet, put Lie to it: but if taunte, you shall put to it Alumen fortis.

To make Roset of Brasill another way.

YE shall take a pot of water, and put in it the bignes of a Walnut of vnsleaked lime, leauing it so the space of a night, then take as much Brasill, bruised and broken, as will fill the vessell that you will boyle it in halfe full: then powre it into the said water, with the lime well strained, and let it so steepe in the said water the space of foure houres, making it afterwards boyle vntill it be come to halfe, then bow downe faire and softly the vessell that you boyled it in, and draw out the colour into some other cleane vessell,

putting

putting to it the quantitie of a Cicheaſe of roche alome well braied, and put it in when it is verie hot: then ſhall yée haue a goodlie thing to doe withall what you will. If you will write with it, adde to it a little gum water. If you will make it blew, put to it three ounces of Lie more or leſſe, into a veſſell, and you ſhall haue a verie faire blew.

To make beyond Sea Azure without Lapis Laſuli.

YE ſhall take an ounce of ſiluer, calcined or burned with Aqua fortis, and an ounce and a halfe of ſalt Armoniack, mix all well together with vineger and let it clariſie a little. If the vineger be more than the ſaid things, take awaie that is too much, and put the reſt in a veſſell well leaded and well ſtopt, that the ſubſtance haue no vent out, leauing it ſo fine and twentie daies, and at the end you ſhall finde verie faire Azure.

To make a greene colour to write or paint with.

TAke Verdigreaſe, Litarge, Quickeſiluer, and braie all this together with the piſſe of a yong childe: and then write or paint with it, and you ſhall ſée an excellent colour, as it were an Emerand.

To braie fine gold, wherewith a man may write or paine with a penſill.

TAke gold leaues beaten, and foure drops of honie: mixe it well together and put it in a glaſſe. And when ye will occupie it, ſteepe and temper it in gummed water, and it wil be good.

The ſame another waie.

TAke as much as you will of the leaues of beaten golde or ſiluer, and laie it abroad in a large cup or glaſſe, as euen as you can, and wet it with cleare water, then braie it with your finger, wetting ſometime your finger, but ſpread it not too much abroade in braying it, and continue thus doing vntill it be well broken, putting vnto it alwaies water.

water. And when you thinke it is broken and braied inough, fill the cup with cleane fresh water, and stir it well, then let it repose halfe an houre: after this straine the water, and you shall finde the gold in the bottome of the cup, the which you may drie at your pleasure. When you will put it in experience, steepe and temper it with gummed water: also you must keepe it well couered, that it take no filth. This is the best waie that you can haue, to make braied or pownned gold.

Another way with Purpurine.

TAke Purpurine, which you shall finde to be sold, or that you haue made your selfe in the maner aforesaid, put it in a dish with pisse or lie, and dip it well with your finger little and little: afterward fill the dish with pisse or lie, and let all settle downe to the bottome. This done, stir it againe, changing often the said lie, vntill all be as you would haue it, and finely being broken and powned, and that the last pisse or lie be as cleare as when you did put it in, and after you haue strained it out, you shall put to it a little Saffron, and temper it with gummed water. Then may you write, paint, or doe any thing else with it.

To make a ground to gilt vpon, like burnished gold.

TAke Gypsum, the quantitie of a walnut, boale Armoniacke, the bignesse of a beane, Aloe Epaticke, Sugercandy, of each of them the quantitie of a beane, stampe them by themselues, and putting the one vpon the other, ye shall put to it last of all a little Ciuet or Yonie.

To lay or settle gold with a single ground.

TAke fine Gipsum, Aloe Epaticum, Bole Armenicke, of each alike quantitie, and temper it with the whites of new laid egges, which you haue strained through a linnen cloth, and if your ground be too strong, you may temper it with water.

Another

Another waie to lay on gold.

TAke gummed water, and with the same onlie put gold, and the said ground will be good vpon parchment, or vpon skins, the like may you make with the whites of new laid egges, and with milke of figs alone.

To make colours of all kindes of mettals.

TAke Christall or Paragon stone, and braie it well with the white of an egge, and then write with it, and when it is drie, rub the writing with gold or any other mettall, and you shall haue the same colour that the mettall is of.

To lay gold on a black bottom or ground.

TAke the smoke of a Lamp, and pun or braie it well with the oyle of Line, or wallnuts. And when you will laie the gold vpon the said ground, let it not be neither too moyst nor too drie.

To lay gold vpon Marble, or vpon any table of stone or other.

TAke Bole Armonicke, and braie it well with oyle of line or Walnuts: and when you will lay the gold vpon the said ground, let it not be too moyst nor too drie.

To make letters of the colour of gold, without gold.

TAke an ounce of Orpiment, and an ounce of fine crisstall, and braie them each one by himselfe: then mingle them together with the whites of egges, and write with it.

To make siluer letters without siluer.

TAke an ounce of tin, two ounces of quicke siluer, and melt them together, then braie them with gummed water, and write with it.

To make greene letters.

TAke the iuice of Rue, Verdigrease, and saffron: braie them well together, and write therwith with gummed water.

To

To make white letters in a blacke field.

TAke the pure milke of a fig tree in a glasse, and set it in the sun the space of halfe an houre: then alaie it, or occupie it with gummed water, when you will occupie it. And when you haue written with it, blacke the paper with inke, as much as you will if the paper be great, and when it is drie, rub it well with a linnen cloth. Then the letters that you made with the milke of the fig tree will goe off altogether, and the paper will remaine written white, because it was kept and preserued by the same milke from the inke where the letters were. The like may you make with the yealke of an egge tempered in water, with the which you may write also: and when the writing is drie rub well the paper ouer with inke, as before. And when it is drie, rubbe the said letters made with the yealke of the egge, with some linnen cloth or knife, and they will off and leaue a white space, whereby you shall haue faire white letters in a black paper.

To make a greene colour to write and paint withall.

TAke Spanish greene, and steep it alone in vineger, and passe it through a linnen cloth, and braie it well vppon a Porphire stone with cleare water, and put to it in braying it a little honie, and let it drie well, then braie it againe well with gummed water, and it will be perfect.

To trimme and dresse Azure.

AZure is braied with honie as Spanish greene is, but ye need not purge it otherwise: temper it with the whites of egges beaten, or with the water of glewe or gum. The water of glew is made with parchment glew, cleare and mollified, and strained as glew is.

To dresse or trim Cinabrium for to write or paint with.

Braie

Braie well the Cinabrium, vppon a Porphyre ſtone, with cleare cundite water, then let it drie, and put it in an Inckhorne, or glaſſe, but it is better in an inckhorne in Winter. After this, poure piſſe into it, mingle it well together, and leauing it ſo vntill all the Cinabrium bee gone to the bottome: then change the piſſe, and doe as before, leauing it ſo vntil the next morning, changing ſo the vrine or piſſe foure or fiue daies, vntil all be verie wel purged: then take the white of an egge wel beaten, vntill it bee brought into cleare water, which you ſhall poure vpon the Cinabrium, ſo that it be more than a finger aboue it: After mire wel altogether with ſome ſticke of a walnut tree, or els with ſome little bone, then let the Cinabrium, deſcend downe to the bottome, and doe with this as before with the piſſe, the ſpace of two or three dayes, and this wil take awaie al the ſauour of the piſſe. This done, ye ſhall put to it another whits of an egge, and mingle al wel together, and then it wil be perfect, you muſt keepe it wel ſtopped. At euery time that you wil occupie of it, ſtirre it wel: And when the white of the egge is ſo dryed, as is declared, it neuer corrupteth.

A ground to lay gold vpon anie metall or yron.

TAke Vernix liquida a pound, turpentine, oile of line, of eche of them an vnce: mire wel altogether, and it is made.

To gilt the edges of Bookes.

TAke the quantitie of a Walnut of Boale Armoniack, the bignelle of a Cithe Peaſe of Suger Candie, braie them drie the one with the other, and put to it a little of the white of an egge wel beaten, then mingle wel altogether. This done, take the booke that you wil gilt, which muſt be wel bound, wel glewed, euen cut, and wel poliſhed, ſet him faſt in the preſſe, and that as euen and as right as you can poſſible: then with a penill giue him a wipe ouer with the white of an egge wel beaten, and let it drie, then giue him alſo an other with the ſaid compoſition. And when it is wel dried, ſcrape it, and

polish it well. Last of all, when you will laie on the gold, wet the said edges with a little clere water with a pensell, and then incontinent put on the gold leaues, cut in that bignesse they ought to be, & when it is drie, polish it with a dogs tooth. This done you may make what worke you will vpon it.

To keepe whites of Egges as long as a man will, without corrupting, and without putting Arsenick to it. A secret not much knowen.

TAke the whites of egges, not breaking them in any wise, and put to them as much white vineger as shall suffice, that is to say, a reasonable quantitie, leaue it so the space of two daies, then passe it through some little cloth, without breaking or beating the whites of the egges, leauing it so the space of eight daies, then straine it againe, & put it in a viall well stopped, for to occupy when you haue neede.

The manner how to make the ground or foundation for Indicum.

TAke Gumme Armoniack three parts, Gumme Arabicke one part, Serapinum, a fourth part, keepe these in vineger vntill they be verie soft, then mire them very well, & straine them through a linnen cloth, & it will be very good to occupie when you haue neede.

Another perfect ground for the same water.

TAke Gumme Armoniack an vnce, Gumme Arabicke three vnces, and steepe it in vineger the space of a day and a night, then take the bignesse of a walnut, of good yelowe Honie and Garlike head well pilled and made clean, and well stamped. Boyle all these things together in strong vineger, putting to it a little Aloe Epaticum, and let it boyle a good while, then straine it through a little cloth, and wring out well all the substance of it. And if you think it bee to liquide or soft, & to cleare, boyle it againe, vntill you think it is thicke enough, then keep it in a glasse or vel-

sell

sel of earth leaded, or of bone. When you will gilt anie thing, annoint it first with this compostion, with a pensel, & rubbe it well, so that the ingrauing be not filled, and leaue it so as long as you will: then when you will laie on the leaues of gold, blowe a little your breath vpon the said foundation or ground, and set on the said leaues of golde, disposing and ordering them, as is requisite, pressing them well downe with a penfill, or with a little woll or bombase and then shall you haue a verie excellent gilting.

A goodlie way how to make gold and siluer in pouder, a thing easie to be done, and there will come of it an excellent colour. This is a verie rare secret, which hath not been vsed nor knowen vntill this present.

TAke leaues of golde a Crowne weight, or as much as you will, and set it to the fire in some little cleane pan or pipkin, and in an other vessell you shall put foure times as much in weight of quicke siluer, a good way off from the fire, so that it maie but onlie warme a litle, for other wise it might vanish away. Let not the leaues of gold take so much heate, that they melt, but let them ware almost redde. This done, take them from the fire, and the quicke-siluer likewise, which you shall poure hote vpon the leaues of gold, and incontinent mingle them well together with a little sticke, the space of a Pater noster, and poure it afterward into a dish full of cleare water, and you shall haue a dowe of the said gold and quicke siluer, but the colour of the gold will be so darkened and obscure, that a man shall perceiue and see nothing at all. And this is the dow that the goldsmithes call Amalgama, and the learned men Malagama, which is a Greeke worde, and being corrupted of the Arabians was changed into Amalgama. Also you may make this colde, in braying the leaues a good while with the quicke siluer vppon a Porphire stone

vntil all be mired & ioyned together. And braing it also with strong vineger, of the iuice of limons, it will sooner be made, & will incorporate & come together the better, then must you wash it twise or thrise with cleare water. Now how soone you haue made this dow or Amalgama, you must straine it through a linnen cloth fine & thicke, to the intet that a part of the quick Siluer may goe through: or els straine it through a wilde Goates skin, or a lambes skinne, which is farre better and presse it hard, to the intent there may come out as much quick Siluer as is possible. Then take that remaineth in the cloth or skin & put to it halfe as much faire quick brimstone citrine. First lampe wel the brimstone, and mingle it with the said paste or dow: and being so mingled, set it on the fire in a dish or Iron ladle, teuuing it so vntil all the brimstone be burned, and all the rest yellow. Then let it coole and put it in a dish, washing it so often with cleare water, till you haue a faire colour of gold. Then keepe it in some glasse or earthen vessell leaded, as you do the other punned and brayed gold, & when you will put it in experience, steepe it in Rose water or other, wherin you shall haue mollified or dissolued some cleare gumme Arabick. Then beate and order it to weight or paint with, and you shall haue an excellent thing. When you haue written or painted, being once drie, you may burnish it with a doges tooth, which you cannot doe to the other brayed or punned gold, that Scriueners and Painters now a daies doe vse. This secret hath bene practised of the old and auncient writers, as we se in some other bookes. But now you must vse the practise to burnish it, laying a white paper vpon the gold, and rubbing first vpon the said paper with the dogs tooth. And if you thinke that it is not yet burnished enough, you maie burnish it once againe, with the tooth vpon the gold, without the paper betwixt.

To make a verie faire vernix, to varnish the said gold, and all other workmanship.

Take

TAke Bengewine, and braie it the beſt you can the wiſt two papers, then poure it in ſome violl, and poure vpon it good Aqua vitæ, that it be aboue the Bengewine three or foure fingers high, and leaue it ſo a day or twaine, then put to it, for halfe a violl of ſuch Aqua vitæ, fiue or ſixe bladers of Saffron ſlenderlie ſtamped, or elſe whole. This done ſtraine it, & with a penſil verniſh therewith anie thing gilted that you will, which will become bright and faire, drying it ſelfe immediatlie, and will continue many yeares. Now if you will dreſſe Siluer in ſuch a manner, do euen with the Siluer leaues as you did with the golde, if not, in ſtead of brimſtone you ſhall take white common ſalt, then dreſſe the verniſh in the foreſaid manner, putting to it the almond of Bengewine, that is to ſay, the white that is found in the middes of Bengewine, and put in no ſaffron at all. And the ſaid verniſh of Bengewine and Aqua vitæ, without anyother thing, is very good to verniſh all things, as well painted as not painted, and alſo to make tables and coffers of a walnut tree, and Hebene to gliſter and ſhine, and of all other things. Likewiſe workes of copper gilted, and not gilted: for it maketh bright, preſerueth, aideth the colour and drieth incontinent, without taking any duſt or filth, but that you may make it cleane with a linnen cloth, or with a foxes taile, which is better, as if it were not verniſhed at all.

To braie or breake gold or ſiluer eaſily after the common manner that the beſt workmaſters doe vſe.

TAke what gold leaues you will & incorporate them well in a cup of glaſſe with Julep roſet, ſtirring it well with your midle finger, little and little. And when all is incorporated together, braie it wel vpon a Porphire ſtone, then poure by little and little cleare water vpon the ſtone mixing it alwaies: After ſtraine the ſaid gold and Julep into a diſh or cup of glaſſe, and waſh wel the ſtone that there remaine nothing. Then ſtirre all with your fin-

ger in the said dish, and let it so repose: after poure the water out, & put it in other fresh, cleare and warme, & wash it so, vntill all the Julep be washed & cleansed out, & that the water puting in your mouth, be in no wise sweete, then let it drie. This done you shall put it in a cup of cleane glasse, and take out a fewe hote embers a good way from the fire, that the glasse breake not, whereupon you shal set the said cup, vntill the gold ware verie hote, and be returned to his naturall colour. Finallie temper it with gummed water, for to put it in experience.

To make a licour that maketh a golden colour without gold.

TAke the iuice of Saffron floures, when they are fresh vpon the plant, & if you can get none, take Saffron dried, well made in powder, & put to it as much yellow & glistering oyle meal, that is cleare and not earthie, then with the Gall of a Hare, or of a Pike, which is better, tray them well together. This done put them in some viall vnder a dunghill certaine daies, then take it out, and kéep it, and when you will write with this licour, you shall haue a faire colour of gold.

Another licour of the colour of gold, for to write & to gilt iron, wood, glasse, bone, and other like things.

TAke an egge laide the same daie that you begin to make this, the which egge you shall open at one end, and take out all the white, then take two partes of quicke siluer, & one part of salt Armoniack, that is cleane and well beaten: and of these two things, you shall put as much vpon the yealk of the egge that remaineth in the shell, as will fill it vp againe: then mingle well altogether with a little sticke. After stop the said egge with the péece that you tooke off, closing it well with a péece of ware, that nothing may enter into it, nor any thing issue out: then lay it vnder horse dung right vp, the open end vpward, this done, take another halfe egge shell, and make as

it

it were a couer or a cap vpon the said broken end couering it with dung, and leaue it so the space of twentie or fiue and twentie dayes, and so shall you haue a verie faire colour of gold for to write, and to doe what you will withall. And if the said substance be too harp or too thicke, you may breake it or temper it with gummed water.

Another goodly licour to make a golden colour with little cost, and it is a thing easie to be done.

TAke the pilles of Citrons or oranges very yellow, & cleare them well of the white that is within side, then stamp them well in a morter of stone or wood, well made clean, and take good yellow brinstone, cleare and bright, & well beaten in pouder, which you shall mingle with the said pilles stamped, stamping well altogether: this done, you shall put all this into a viol, and kep it in a deep cellar or caue, or in some moist place by the space of eight or ten daies. Finally you shall heat it againe by the fire, and then write or paint with it, and you shall find it a verie excellent colour of gold.

To make Incke or a colour to write with, in a verie good perfection.

YE shall take good Galles, and breake them in three or foure peeces, that is to say, stamp them slightly, and put them in a frying panne, or some other vpon panne with a little oyle, frying them a little, then take a pound of them, and put it in some vessell leaded, pouring into it as much white wine as will couer it ouer, more than a good hand breadth. After take a pound of Gum Arabick well stamped, and eight vnces of Vitriolt well made in pouder: mixe all well together, and set in the sunne certaine daies, stirring it as often as you may: then boyle it a little if you see that you haue need, and after straine it, and it will be perfect. And vpon the Lees that shall remaine in the bottome,

you may poure other wine and bolle it a little, and straine it: you may put Wine vpon the same lees as often as you will: that is to say, vntill you se that the wine which you put in, will stain, or be coloured no more. Then mingle all the said wine, whereinto you will put other galles, gumme, and vitriol, as at the beginning, then keping it in the sunne, you will haue a better incke than the first: and do so euerie day, for the oftener you doe it, the better you shall haue it, & with lesse cost. And if you find it to thick, or that it be not flowing inough, put to it a litle cleare lie, which wil make it Liquide & thinne inough. If it be to cleare, adde to it a little gumme Arabick. The galles must bee small, curled, and mallive within, if they be good. The good vitriol is alwaies within of a colour like vnto the Element. The best gumme is cleare and brittle, that in stamping it, it becommeth pouder easily, without cleauing together.

A good way and maner how to make incke for to carrie about a man in a drie pouder, which (when he will write with) hee must temper with a little wine, water or vineger, or with some other licour, and then he may incontinent put it in experience: with the said pouder all other incke may be amended, be it neuer so euill.

YE shall take Peach or Abricot stones, with their kernels, sweete almonds, or bitter, so that they haue their shels hard, and that the almonds be within them. And if in case you can get but the said stones without their kernels, it shall be good inough, but not so good as with the kernels: take then all the said things together, or those that you can get, and burne them vpon the coales: and when they be verie red and inflamed, take them out, and thus being redact and made into verie blacke coales, keepe them in a panne: take likewise rosin of a Pine tree, and put it in a panne, and make it flame and burne: then take another little chillet, or else a little bagge holden open, with little stickes

ſticks laid a croſſe ouer it, or otherwiſe, as you ſhal thinke good, and hold the mouth of the bagge downeward ouer the flame, ſo that the ſmoke of the ſaid roſin may gather toge-ther, and sticke round about the ſaid pan or bag, and when all the roſin is burned and all colde againe, cauſe al the ſaid ſmoke to fall vpon a paper or table, or ſome other thing, and kéepe it, but if you will not take the paines to make this ſmoke, buie it of them that make printers inke. Of this blacke or ſmoke you ſhall take one part, or what quantitie you will, of the coales of the ſaid ſtones another part, of Vitrioll one part, of tried gals, as is afore ſaid two parts, of gum Arabick foure parts. Let all theſe bee well ſtamped, ſifted, and mingled together, and then kéepe well this pouder in a linnen bag, or of leather, for the older it is the better it will be. When you will occupie it for to make inke thereof, take a little of it and temper it with Wine, water, or vineger, the which being put into it warme, the inke ſhall be the better, neuertheleſſe being put in cold, it maketh no great mater, and you ſhall haue immediatlie very good inke, which you may carrie where you will, without ſpilling or ſhedding. If you haue naughtie inke, put to it a little of the ſaid pou-der, and it will becomme immediatly verie blacke, and haue a good glaſſe.

To make a great deale of Inke quicklie, and with little coſt.

TAke of the blacke that Curriers or tanners doe blacke their ſkinnes with, for you may haue much for monie: then take the gall of a fiſh called a Cuttle, which coſteth al-moſt nothing, and chieflie in places nigh to the ſea ſide, and in eating the ſaid fiſh at diuers times, you may kéepe the galles together. Then mingle the ſaid galles with the tanners colour, without any other thing, you ſhall haue a perfect inke. To make it yet better, you may put to it of the pouder made of the coales of Vitrioll, of Galles, and of gumme, and the ſaid incke ſhall bee verie good to print in Copper.

Copper, putting to it a little oyle of Line, so that it may be Liquide and fitting of it selfe, for to pierce the better into all maner of Engrauings, and that it may abide well vpon the paper, without running abroad.

To macke Printers Incke.

PRinters Inck is made onely with the smoke of Rosine, as is aboue said, and is tempered with moist vernish, you must seeth it a little to make it Liquide or thick, as you shall neede. But in winter moister than in Sommer: and alwaies the thicker maketh the letter fairer, blacker, clearer and brighter. But in what maner soeuer it bee, it must be euer well mixed with the smoke. And to make it Liquide, as is said, you must put more oyle of Line, or of walnuts to the vernish. If you will make it thicker, put lesse oyle and more smoke, letting it seeth more. If you wil print red, in stead of the said smoke, mingle vermilion wel braied, with the said vernish. If you will print Greene, put in Spanish Greene. If you will make it blew (as men haue done sometime heretofore) take Azure of Almaine, or of that glasse, which is now made at Venice, doing in all points as we haue spoken of the black Incke.

To make Incke so white, that although a man write with it vpon white Paper, it may easily & perfectly be read. A very goodly thing.

YE shall take the shels of new layd egges, very white and well washed, then bray them well vpon a cleare Marble stone, with cleare water. Put them in a cleane dish, vntill the powder descend to the bottome: after dregne out the water lightly, and let the powder drie of it selfe or in the Sun, and so shall you haue an excellent white, that neither Cerusse, nor anie other white in the world, may be compared vnto it, if you dresse it and kéep it cleane. And when you will occupie it, take Gumme Armoniack well washed, and mundified and made cleane of that yellow skinne that is about

bout it: then steepe it the space of a night in distilled Vineger, and in the morning you shall find it dissolued, & the vineger shal become whiter than milke, the which you shal strain through a cleane linnen cloth. & with a little of this white licour, you shall temper the said pouder, & then write or paint with it, and you shall haue a white excellent above all other sorts. A noble woman of Italie vsed no other thing to blanch her face: & kepe her selfe very white withall, & yet it appeared not that she vsed any such thing. Also the said pouder hurteth nothing at all the face, nor the skinne, nor the teeth, as the sublime, the Ceruse, and other like things doe, which gentlewomen vse oft, to their great detriment and hurt. But if you wil vse the said white made of egge shels vpon your face, you must braie and consume it verie fine, and that it haue almost no palpable substance, and that it may be penetratiue and piercing, to the intent it may continue. In the which thing every man may proue and assay what his wit is able to doe. But aboue all things, when you wil vse it for the face, it is necessarie that you put to it the third part of calcined and burned Talchum, as we will shew you hereafter.

To make a pouder to take off blots of Incke, fallen vpon the paper, or els the letters and writing from the paper, which is rare, but yet profitable.

YE shall take Ceruse well braied, and make thereof a dough with the milke of a Figge-tree, then let it drie, afterward braie it againe, and drie it as before, and so seuen times: then kepe it so in pouder. And when you will vse it to take out blots, or letters out of paper, take a little linnen cloth wet in water, pressing & wringing the water out, then spread it abroad vpon the place where ye will haue it, and leaue it thereupon vntill the paper & the incke be moyst withall: then take away the wet cloth, and vpon the blot or letters that you will haue taken away, put a little of the said pouder of Ceruse, leauing it so the space of a night.

In

In the morning you ſhall take a linnen cloth cleane and drie wherewith you ſhall rub of ſoftly and finely the ſaid pouder, & the paper will remaine exceeding white for to write vpon againe as well as before, and better. And if all be not well rubbed of at the firſt time, you may do it once againe, and you ſhall not faile.

To make a kind of Verniſh, but much fairer and better than that which Scriueners doe vſe, and is of leſſe coſt, & ſtinketh not as other Varniſh doth.

THe Vernish which Scriueners doe commonly vſe, is nothing elſe but the gum of Juneper made in pouder, and of the ſame is liquide verniſh made, in boiling the ſaid gum in the oyle of Line, and of this pouder doe Scriueners vſe, to cauſe that the inke runne not abroad, and that the letter be the fairer and cleaner. Now, for to make a pouder of the like effect and verie faire, with leſſe coſt, and without any euill ſauour, take egge ſhels what quantitie you will, taking away the little ſkin within ſide: and when you haue groſelie ſtamped them, put them into a pan, ſuch a one as will endure the heate of the fire, couering it with ſome couer, then ſet it in ſome glaſiers or potters furnace, or in a brick, tile, or lime makers kill, leauing it there vntill all the ſhels be come into a verie white pouder, which is called egge lime: ſift it and kepe it. And when you will occupie it, caſte a little quantitie of it vpon the paper or parchment, and ſpread the pouder wel vpon it, rubbing it well with a hares foote, or otherwiſe: then taking away that which is too much, write vpon it, and you ſhall finde it of better effect than the Vernix. When the writing is drie, if you wil take away the ſaid pouder, yea the common verniſh, for feare leaſt men ſhould white their hands, rubbe the paper or parchment with crums of white bread, for it will draw to it ſelfe, and take away all the verniſh or pouder that is vpon it.

To make

To make Inke to rule paper for to write by, whereof the writing being drie, the lines may bee so taken out, that it shall seeme ye haue written without lines.

TAke paragon stone, stampe and braie it wel, then take the bignesse of a little nut, of the fairest Tarter or lees of white wine, calcined and burned, setting it to stepe and dissolue in a dishfull of cleare water, and then straine it out. And with this water you shall temper the black powder of the Paragon stone, vntill it become like inke, with the which you shall rule your paper or parchment: and write vpon those lines what you wil with common inke. And when the writting is drie, for to take out the said lines, you shall take hard crums of white bread and rubbe your paper ouer with them, and the lines that you haue ruled wil goe out as cleane as though there had neuer bene line at all. This is a goodlie secret and verie rare.

To

To sublime quicke-siluer, that is to say, to make common sublime, that Goldsmithes, Alchimistes, & Gentlewomen doe vse, and that men vse in many things concerning Physicke.

TAke a pound of quick siluer, and put it in some vessell of wood with a little vineger, and salt Peter, then braie it and mortifie it wel with a wooden pestle. Then take halfe a pound of common salt, foure vnces of saltpeter, let all this be wel braied and put vpon the quick siluer in the same vessel of wood, stirring well altogether, putting to it two pounds of Roch-alum burned. Incorporate well all this together, and put it in a violl, or some pot luted and claied a finger higher than the substance within is. Then put it and dispone it in a pan or skillet vpon sifted ashes: then set the said pan on the furnace, setting the Limbeck vpon the violl or pot luted, and then the recipiente to receiue that distilleth out, as men do in all manner of distillations. Make to it at the first a slow fire, vntill all the moisture be drawen out, which you shall take out of the recipient, and kéep wel, for it wil be good for many things, and speciall for to mollifie other quick-siluer, to make other sublime. This done, make your fire greater, and continue it so vntill you sée the Mercurie or quick-siluer to be sublimed throughly white, that is to saie, that it be risen aboue all the substance, and made as it were a white cake. And if you wil make it higher, that is to saie, vnto the neck and brimme of the violl or pot, then take a sheete of paper, and wrap it round about the violl or pot, that is to say, about the bodie of it that is vncouered aboue the furnace: then increase your fire, and make it greater,

greater, and this white cake wil rise by little, and wil cleaue to the brimme of the pot, remaining there like a little bel of white sublime, then let it coole. Then take of the recipient, and lift vp the limbeck, making the pot clean without side, to the intent that when you breake it, there fal no filth among the said sublime. This done, breake the viol or pot, and in taking of the sublime, you must keep it from the smoke, and in this sort you may make a loafe or a cake of a hundred or two hundred pound, or as much as you wil, keping alwayes the proportion of the quantitie of the things, according to the waight here aboue written. The Lees that remaineth in the bottome of the said pot or viol, may be stamped and dissolued in dopling water, and then straine it and let it setle, and then drie thoroughly: there wil remain in the bottome a salt, the which wil be of the nature of the salte Peter, or the common salt, and of the Alome that you did put in. And the said salt wil be very good to make other newe sublime, with other quicke siluer and vineger: or els in stead of vineger you may take the aforesaide water that distilleth in the Sublimation, and so shall you make it verie perfect. And you must note that the saide sublime, made with Roche-alome, is better for gentlewomen, that wil paint their faces with sublime. But I counsaile them, that in steade of sublime, they vse some of the waters that I haue spoken of in the bookes before. For goldsmiths, Alchimists, and for manie things required in Phisicke, it is better to put in raine vitriol in steade of burned Alome: but this is verie euil and hurtful for Gentlewomen, for the most part of them that make sublime, make it with vitriol, partlie because it is made withlesse cost, and partlie because it is profitabler for manie things, then made with Alome, which is almost for nothing but for Gentlewomen. There be some naughtie Persons that put Arsenick Crisalline to distil with quicke siluer, a thing practised of to many men. Wherefore, it is good and profita-

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ble to admonish euerie man that he take hede, for certainlie in respect of a little gaine, they make themselues worthy to be burned quick: for besides that men see oftentimes, that by such sublime, women haue their faces swolne withall, like a bladder blowne, also it may happen that in physick they hurt or kill men. The said sublime made with alome and Vitrioll, may easilie be sublimed a new, that is to say, for euery pound of this sublime to put to it halfe a pound of common white salt or burned alome, or vnsleaked lime, in setting this to sublime as before: the which will sublime it selfe much soner, and will war fairer the oftener you sublime it. The Alchimists following the precepts of Gebor, of Sainct Thomas an other Philosophers, goe about and spend time to sublime it diuers times for to fire it, among whom there be that sublime it a hundreth times, and other some two hundreth times, and yet at the end bring it to none effect: and that commeth, because that alwaies they put in, in subliming the said lees, that is to saie, the salt, alom or Vitrioll, as we haue said. And seeing that the nature of fire is to fix and make firme things that soone flit awaie, the oftener the said sublime commeth to the fire, the more doth it fasten or fire at euerie time, but that part that is fixed, is alwaies mingled with the said lees and so is lost. Therefore they which made the said sublimation, not considering the reasons and causes why such a thing happeneth, found that by little and little their sublime was diminished, and peraduenture (thought it had flowen awaie, or else consumed in the fire, rather than to beleeue that it remained in the said lees, from the which it can in no wise be separated. Now minding philosophicallie to proceed in the fastning or fixing the said sublime, you must first sublime it three or foure times with common salt, burned alome, lime, or Talchum, as is said: to the intent that in this wise it may bee mundified and cleansed from all earthie and vncleane substance, that it containeth, and from the superfluous moisture wherof it

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is full. It is mundified and made cleane of the earthie ſubſtance, becauſe the earth ſublimeth not, but remayneth in the bottome of the viall or pot, cleauing with the grounds, which is the ſalt, Alome or Mitriol that is put in it, which things we call heere Lées or dregges, becauſe they remaine in the bottome, as the Lées of Wine, or of Oyle doeth. Alſo it is purged of the aqueſtie or ſuperfluous moyſture, two maner of waies. The firſt is, becauſe that with the ſame, or diſtilled water, where with it was wakered, as we haue ſayd before, the moyſture or watrinelle of the ſayd Quick-ſiluer diſtilleth out in a vapoure. The other is, becauſe of the oft ſubliming it, the nature of the fire is annexed vnto it, which diminiſheth it: the which two things are the principall cauſe why it faſteneth. And ſo are they the onely parts that make the perfect fixion or faſtening, according as they are ſufficiently ioyned with the things that you will faſten or fire. And heere wee meane no other thing by the thing fixed or faſtened, but that the fire hath made ſuch a decoction, that it baniſheth not away, or is lightly caryed away with the Wine, and that all the ſubſtance remayneth in the bottome, and conſumeth no more. Therefore after you haue ſublimed it three or foure times, and that it is well purged of the earthy ſubſtance, and of the ſuperfluous moyſture, as is aforeſayd, you ſhall ſet it to ſublime apart by it ſelfe, without any Grounds or Lées, and ſhall ſublime it ſo often, vntill all remaine fixed to the bottome of the Viall or Pot, and that it flée not away or diminiſh, for any great fire that you make. But if you will make it in leſſe ſpace, and eaſier, obſerue this rule, which is certaine and infallible. When you haue ſublimed it three or foure times, or oftner, you ſhall adde to it the fourth part of fine Siluer calcined, and burned, as we will after ward declare: then after you haue mixed it well together, ſet it to ſublime, and when it is ſublimed, mingle that which is riſen vp, with that that remayneth in the bottome, then ſublime it againe: and ſo, ſo often that it riſe vp no more, but remaine in the bottome for

all the vehemence of the fire, and ſo ſhall it be perfect, very white, cleane, fuſible, and penetratiue or pearcing. And he that would make a good quantitie of it, and is not able to put to it as much fine Siluer, as the fourth part of it, hee may make it in this manet following. After he hath ſublimed it three or foure times with the grounds or Lees, as is afore ſaid, let him keepe it by it ſelfe, and take a little of it, that is to ſay, as much as for to ioyne or put with the fourth part of fine Siluer, that he ſhould put to it; as in example: If hee haue but halfe an ounce of Siluer, let him take an ounce of the ſaid ſublime, and when he hath mixed it together, let him ſublime it as often as before, vntill all remaine fixed in the bottome, and he ſhal haue two ounces, or litle leſſe of ſublime fixed: for the fire in drying it, & making the decoction, eateth and conſumeth ſome part of it, beſide that conſumeth in ſtamping and in the Viall or Pot. Then let him take thoſe two ounces fixed, or as much as is of it, with three times as much of Sublime not fixed, that was kept, and then let him mingle altogether, and ſublime it as oft as before, vntill all be fixed. And if he will make more of it, let him take againe three parts of the other Sublime, and ſo ſhall he make it as often and as much as he will; the which is much better then to make it all at once: for by this meanes is Volatile fixum, and Fixum volatile, oftner made; which is that, that the Philoſophers eſteeme moſt, and is alſo more fuſible, more pearcing, and of greater vertue. In this operation conſiſteth all the ſecret, and the greateſt maiſtrie of the Philoſophers, and chiefly of Geber: who maketh the moſt part of his worke in this manner of ſubliming & firing oftentimes: and onely keepeth the thing ſecret, that muſt be ſublimed; the which thing, becauſe he will hide it from them that be not worthy to know it (as himſelfe affirmeth) he calleth it Quickſiluer, but he meaneth another thing, although in effect the ſame thing declareth, that it is but Quickſiluer; but brought from his nature, vnto a perfecter degree: as for example: Dough is Meale, not in his firſt eſſence and being, but is

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reduct and made of the Baker, into a more estimable nature, and neerer to perfection. No man ought to hope to attaine to this high knowledge by his owne wit; but onely by the grace and gift of God, who (as all the Philosophers say,) *Cui vult largitur, & subtrahit.*

To make Cinabrium, and thereof to make leaues of a hundreth or two hundreth pounds, as great as a mans fist, as those are that come out of Almaine, which secret hath not before this time been knowne of any in Italie.

ALL those that delight in secrets, and principally in things belonging to Mettals, know how to dresse Cinabrium, but in a small quantitie, as a pound or two at a time, and not past. In Germanie, and some parts of France, there be that make it great lumps or masses, and send it so into Italie, and ouer all the world, and yet keepe it marueilous secret to themselues, without publishing it vnto many men. Therefore wee will also communicate this secret (although it consist in a small thing) to the glory of God, and the profit of the common wealth, teaching here in a briefe maner, to make it in as great quantitie as a man wil. Take of Quicksiluer nine parts, Brimstone, Citrine two parts, yet many men put three partes of Brimstone, for the nine partes of Quicksiluer, other foure, and some as much of the one as of the other. But when it is for to paint with, there cannot be too much Brimstone; for there commeth the liuelier colour of it, and for other things it is better, that for one pound of Quicksiluer, there be but three or foure ounces of Brimstone. Put then the Brimstone in some large pan, melting it with a slow or small fire: and when it is molten take the Quicksiluer in a linnne cloth in your left hand, & wring it little and little into the said brimstone (which must first be taken from the fire) and mingle it with a stick, to the end the quicksiluer may incorporate it selfe well with the brimstone, not ceasing to stir it, & to lose it always from the pan, vntil all be wel cooled, & you shall haue a blacke mixture, which shall be neither

like the Brimstone nor quicke Siluer. Stampe this mixti-on, and bray it well, and lift it, and of thys pouder you may make what quantitie you will, putting it in a great Panne. Now if you will dresse the Cinabrium, you shall take a Violl of Glasse, as great as you will, yet see notwithstanding, that ye fill the said Viol but a quarter full with the substance that you shall put in it. And after, hauing well luted and clayed the Viol, with a Clay or Paste made with white Clay, and the shearing of Cloth, which men call Lutum sapientiæ (as we will shew you hereafter how to make it perfectly) and when it is well dryed, put in as much of the sayd Pouder, as will fill a quarter of the sayd Viol, or lesse, and without closing vp the mouth of the said vessell of Glasse, ye shall set it vpon a great Furnace: if you haue much substance, then make vnder it a slight and slow fire, the space of two or three howers, and afterward somewhat greater. But for to make a great quantitie of it, you must euer and anon put in of the sayd Pouder, leaning still the sayd vessell of Glasse vpon the fire to sublime: then take a sticke made meete for the purpose, that may reach to the bottome of the said vessell, and be more then a handfull without, and haue also vpon the sticke a round lumpe of the sayd Lutum sapientiæ, to the intent that the sayd sticke so being put into the Viol, it may close the mouth of it; and that when the sticke riseth vp, the peece of Lutum sapientiæ may also rise withall, and open the mouth of the sayd Viol. You must haue also made ready and set in a Funnell (such as they fill Hogs-heads of Wine withall) which must haue alwaies the necke of it within the mouth of the Viol, and that the sticke may goe through the middle of the Funnell, that by that meanes it may stop the straight of the Funnell with the mouth of the Viol. All these things thus set in order, you must keepe the sayd Pouder nigh vnto the fire, to the intent that it may be hot: for if you should put it in cold, vpon the hot that is in the Viol, you should make cold and let the sublimation of the Cinabrium. Now when the first Pouder hath bin on the fire the space of fiue houres,

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and that it is throughly or partly ſublimed, lift vp the ſticke a little that is in the pot, and ſo open the mouth of it in lifting vp the round peece of clay that ſtopped it, and put in three or foure ſpoonfuls of the ſaid ponder that you kept warme, then let downe the ſticke, with the round bottome of clay, that it may cloſe the violl as before.

And you muſt vnderſtand that the ſaid ſticke is not put into the veſſell for any other cauſe, but to kéepe that the ſaid ponder which is in the bottome, beginning to ſublime, ſhould not cleaue round about the mouth of the violl, for then it would ſtoppe it ſo, that you could put none other ponder vnto it, nor make the loaues ſo great as is ſaid: and herein conſiſteth the whole ſecret to make the loaues great. For if you would put in all the ſubſtance at once, that is to ſay, a hundred or two hundred pound of ſubſtance, you ſhould make the maſſe or lumpe ſo great, that it would neuer be brought to perfection, and muſt make ſo great a fire to it, that rather it would melt both the veſſell, and alſo marre the Furnace, than the matter or ſubſtance would ſublime. But in putting it in thus by little and little (the ſticke being in the middle) all the ſubſtance ſublimeth, baketh and wareth redde, and by little and little ſticketh to the higheſt part of the veſſell: then in putting to it againe new ponder, it deſcendeth to the bottome, and there finding all things hote, with that that is hote it ſelfe, and in a ſmall quantitie it ſublimeth, baketh, and wareth red incontinent, incorporating it ſelfe with the firſt. So in putting in by little and little new hot ponder, and kéeping alwaies the fire in one ſtate, you ſhall make as great quantitie of it as you will, and ſhal haue very great loaues of faire Cinabrium, the which will haue only a hole in the middle, which is the ſpace where the ſtick went thorow. Finally, you may put to it new powder, in taking away the ſticke altogether, & cloſing the mouth, and then make a fire: for this laſt pouder will likewiſe ſublime, and will make a bottome to the loafe of Cinabrium.

Moreouer, you ſhall note and vnderſtand, that the great

fire, that is to say, long continued and kept, hurteth not, and now and then you muſt moue and lift vp and downe the ſaid ſticke, to the intent that the Cinabrium cleaue not to it, and ſtop ſo the mouth of the veſſell, that you can put no more freſh pouder to it, as is ſaid. This is the ſure and perfect way and meane how to make Cinabrium, in as great loanes as you will, which hitherto hath not bẽ knowne in Italie: you may doe the like in pots of potters clay white, ſo that they be well luted and clayed euer, that they may endure the fire, and not breake.

To fine and renew Borax.

BOrax was called of the ancient writers Chriſocolla, and was both naturall and artificiall, as Plinie, Dioſcorides, and other write, and men did vſe of it in Phyſicke, and alſo to ſouder Gold and Siluer, and other mettalles, as men vſe yet now a daies. For the nature of it is to melt, and to reſolue quicklie and ſoudering. It is vſed in worke alſo for to make a bodie, that is to ſaie, to gather together the fyling of Golde and Siluer, and in all other things, wherein a man hath neede of a quicke and ſodaine founding or melting. Moreouer, Gentlewomen helpe themſelues alſo much with it to make them faire. For it maketh the ſkinne very white, fine, and cleane, without danger of anie poyſon, or hurting of the teeth or fleſh. The ancient men of old time had of it greene, whereof now a dayes is none found, nor yet anie man maketh it. Marie, wee haue that is verie white, and alſo ſomewhat blacke, which peraduenture a man may ſay is like their graine. The white is in little long peeces, with certaine ſinewes or veines all along, ſo like vnto roch alome that many are deceiued, or deceiue others with it: For when a man ſetteth the ſaid Borax vppon the fire, it boyleth and ſwelleth vp in all points like alome, and ſo remaineth white and full of holes like a Spunge, and eaſie to be broken with your hands, euen as roch alome burned. But ſubtill and craftie Marchants know Borax from alome

three maner of wayes. The first is, that alome put in a mans mouth is eiger and sharpe of taste, and restraintiue, but Bozar hath no maner of taste, but a dead and vnsauerie gust, as a meane betweene the sauour of oyle and whaie of milke. Therefore they that will deceiue other, and falsifie the true Bozar, take little peces of raw roch alome, and keepe them in oyle of Almonds, in whete or in Milke. Some other put to it also Honnie or Sugar for to moderate the eigerneſſe of the Alome, with the ſweetneſſe of it. Other there bee, that melt all the ſaid things on the fire, and then ſet them to cole in ſome colde place, vntill all be waren into yce or little ſtones, and putting to it ſalt Peter, Sal alcali, Tartre, Alome de Fece, and ſuch other things, and make little ſtones somewhat like vnto Bozar: but firſt they differ in forme and faſhion, for the true Bozar is alwaies long in forme: And the ſtones where Alome is among, are neuer brought into anie forme, but into little ſquare ſtones. Furthermore, they differ in the ſecond ſort, and that is this: That Alome beeing burned, maketh a greater Lumpe than when it is rawe: but the true Bozar is brought and reduced into a verie ſmall quantitie: And this is an euident ſigne to knowe it. The third, which is of moſt importance and the ſureſt, is, that the matter wherein the Alome is, will not ſouder in no maner of wiſe, and will not melt neither, ſo well as the Bozar will. I ſaie it will not melt ſo well, becauſe that where any Salt Peter, Tarter, and Sal alcali is, there the matter will melt, at the leaſt in ſome part: for all the ſaid things helpe to the founding of mettals. The ſalt Peter, when there is a good quantitie of it, is knowne incontinent vppon the fire, for it doth make the boyling to be waterish, and caſteth about as it were little ſparkles of fire.

The other things made with the foreſaid mixtions, diuers times, in whete, milke, or in water, and congealed into little pebbles, make certaine ſtones, but they bee alwaies ſalt, too bright and too violent to melt: for when a man

will ſouder any worke of golde, or thin ſiluer with it, it causeth the worke to melt together, and whereas there is ſuger it leaueth the golde and ſiluer ſpotted. Then make other mixtures, which are very good for to ſouder, or to melt, which neuertheleſſe are different from the Bozar in forme and sauor, of the which we will make mention hereafter.

Now, for to returne to the true Bozar of our time, men bring vs certaine barrels full of a kinde of greaſe, full of certaine little pebbles, which is called the dough or paſte of Borax. Vnto this day men haue brought it out of Alexandria, where it was alſo of old time made: and therefore is it that the ancient Arabian Authors, which haue written of things concerning mettals, called the Bozar Nitrum Alexandrinum. And within theſe few yeares they haue begunne to bring it from the Weſt parts, yet I cannot tell whether it bee made there, or elſe peraduenture it be brought lately out of the Indies. There was within theſe few yeares ſo great lacke of it in Italie, that it was ſold at the leaſt for a crowne an ounce, of that that was made into ſtones.

And now, within theſe two yeares there is come ſuch abundance out of the weſt parts, that the pound is worth but a crowne and a halfe and leſſe. The way how to make it, which is vſed in the ſaid weſt parts, is thus.

In Mines where Gold and Siluer, or Copper is gotten, is found a kind of water, which, as I my ſelfe haue ſeene and proued by experience, is of it ſelfe very neat and excellent for to ſouder or to ſound with. And alſo I know a place in Germany where there is a great veine of ſuch water, which notwithſtanding the peaſants know not of. Now they take this water, with the earth that is vnderneath it, or the ſides, and boile it a certaine time, and then ſtraine it, and ſo leauing it, it congealeth into little pebbles, euen like vnto ſalt Peter. And therefore if a man ſhould keepe them long ſo, they would not continue, but would reſolue by little and little. Alſo for to make them better, and to preſerue them and nouriſh them in their owne nature and kinde, of Barrowes greaſe, or the

greaſe

greaſe of ſome other beaſt: then they goe to the Pine, where they make a great hole in the ground, in the bottome wherewithe they lay a ranke of the ſaid greaſe, and vpon that a ranke of the ſaid little pebble ſtones, and then againe another of greaſe, and ſo conſequently as much as they will, but ſo, that the laſt ranke be of greaſe, or of the ſaid dough or paſte, and ſo they leaue it open and vncouered the ſpace of thirteene moneths: yet many of them doe all this within their houſes, in the earth or in great veſſels. Then, when they will ſell it, or ſend it out of the Countrey, they take the ſaid paſte or dough with the ſtones and all, with a fire panne or ſome like thing, and fine barrels and tunnes of it. This is the ſame that commeth vnto vs, which we call dough or paſte of Borax. It is ſent alſo from the countrey where Borax is made, or little ſtones of the ſaid paſte, ſo renued and fined as I will ſhew you.

About thirtie yeares agoe they ſent much more of this Borax fined and renued than they did of the paſte, becauſe that in Italie they could not dreſſe nor make it, nor bring it into little ſtones: wherefore it was not put in vſe but of certaine women in diſtillations, for to paint themſelues with. Since, there hath beene one in Venice that began to dreſſe it, and after him a woman whom he had taught. Theſe two gat a great ſumme of money, and the ſaid ſecret was long betweene them two onely, although it was deſired of euerie man long before. Finally, it is now come ſo farre forward, that many men in Venice can dreſſe it, but one maketh it farre better than another, and peraduenture very few haue the perfection of dreſſing of it, with ſuch aduantage that hee loſe nothing of the ſubſtance, and to make as much of it as is poſſible perfectly, as I will ſhew you hereafter following. Now you muſt take firſt of the ſaid paſte, that is not mouldie, vinewed or putrified, for then it is a ſigne that it ſhould be olde, and of many yeares, and thereby the little ſtones ſhould be diminiſhed, loſt, or decayed. Yet neuertheleſſe this is of no great importance: for it is better to aſſay

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with your finger within the paſte, to ſee if it be full of the ſaid pebbles. For the world being altogether giuen to gaine, and full of deception and fraud, they that make it doe put ſometime very fewe pebbles in the ſaid greaſe, for to haue more ſubſtance: and beſides this, they that buie it to ſell againe, take out alſo a good quantitie of the ſaid pebbles: whereof it is neceſſarie to bee circumſpect, to the intent that diligence may ſurmount, or at the leaſt, diſcouer the guile and deceipt. Finally, if you will fine and renew the ſaid Bozar from ſuch paſte or dowe, doe thus. Take water luke warme, that is to ſay, for two pound of paſte halfe a paile full, which you ſhall put into ſome earthen veſſell, putting the paſte into it: then with your hand fraie and ſtir it in ſunder, as you would temper leauen for to knead: after this, ſtraine out the ſaid water well through a ſtrayner, and take the little ſtones that remaine in the ſaid veſſell, that is to ſay, thoſe that be of the bigneſſ of a Walnut or Beane, and put them in a veſſell, ſprinkling them with oyle Oliue, as though it were a Salade, but the Oyle muſt be white: and if you haue none good, take common oyle, and ſet it in the Sunne, purging it well, and annoint the ſaid ſtones with it, mingling them well together with your hand. Afterward put them in a little bag, and mix them well together againe as men doe confitures, this done, put them in little boxes and kéepe them, and thus ſhall you haue the beſt Bozar that can be poſſible. If you will renew and multiplie it, doe thus. Take the ſame water that was ſtrained out, and put it in a kettle vpon a ſmall fire, képing the fire alwaies at one ſtate, then ſkim it with an yron ladle, and put alſo with the ſkimme the ordure and filth that ſhall bee in the bottome: but take good heed that in ſeething it flie not away. Continue thus doing vntill it be well ſodden, which is knowen thus: put a little vpon your naile, and if it run not, it is enough ſodden: or els you may proue it vpon a paper, as men do Sirops, and if it bide ſtill, it is ſodden: or wet a ſtring in the ſaid water, and hold it betwixt your fingers,

then

then plucke it out by the ende, and if you find it rough, it is ſodden. Then take the kettle from the fire, and couer it with ſome couer fit for it that there fall no ordure or filth into it: this done, burie the kettle in wheat braune, and cloſe it well round about, couering it with clothes and other things, ſo that it be well kepped. You may burie it or hide it in a hot dounghill, and leaue it there the ſpace of eight or ten daies, and afterward diſcouer it, and you ſhall find a cruſt vpon it: the which you ſhall take and put in on one ſide, and you ſhall finde in the ſaid kettle as it were little peeces of yce, which you ſhall take out and put in another veſſell, waſhing them with cole and freſh water: then drie them vpon a table in the ſhadow, and let thoſe ſtones which at the firſt time remained in the ſtrayner be mingled with the ſaid peeces of yce. Then take alome de Fece that is white, foure pound in three pailes full of water, three ounces of ſalt Peter, then boyle this with a ſmall fire and ſkimme it as you did the other, in proouing it vpon your naile, or elſe vpon paper, if it be ſodden as before. This done, then take it from the fire and let it reſt, and when it is cleare, take a little paile full & a halfe of it, and ſet it on the fier in another clean kettle. And when you ſee that it will boile, put it in the ſaid cruſt, and that it bee of tenne pounde, and make it ſeeth as the other did, aſſaying vpon your naile or paper as you did before. Then put it in a little firkin, and lay two ſticks acroſſe, with foure coards, vnto the which you ſhall tie a little lead, to the intent they may ſtreteh well, and without touching the bottome by foure fingers, and that to the end the Bozar may ſtick and cleaue to it, and then burie it as before. This muſt not be put in the bagge, but annoint the ſame that you finde ſticking vpon the coards with a feather, and the other which remaineth and abideth ſtill in the veſſell, you ſhall ſprinkle as it were a Ballade. The cleare that you ſhall take out of it, muſt be of the bigneſſe of a haſell nut or beane: and the other that will be leſſe, you ſhall put into the water that remaineth, which you ſhall ſet on the fire, making it to ſeeth

and

and doing as before, and so continue vntill all the water bee conuerted and turned into Bozax, so that nothing be lost. And remember (at the beginning, when you dissolue it in luke warme water, as we haue said before) to put to it the bignesse of a Ciche pease of the ruen of a Hare, for that will make all the other parts of the Bozax to cleaue and take together.

A good and easie way to make Aqua-fortis better than any other.

TAke Roch-alum and Vitriol or salt Peter, or else all three together, of each of them like quantitie, that is well calcined and burned, and well braied. And if you will haue it stronger, put as much salt Peter apart, as of Alum and Vitriol together: put all this in some pot or viol, well luted and claied ouer, and in the recipient or receptorie, two ounces of Wel water for euery pound of the said substances. Let the receptorie be in fresh water, and alwaies wet about with some wet linnen cloth, so that it be neuer drie. And by this meanes the exhalations or fumes will better mingle themselues with their water, and will not sticke or cleaue to the recipient. This done, take the pot or viol luted, and trimme it so that the mouth hang downeward, ioyning it with the recipient, without a Limbecke, luting and claying wel the ioints and sides with flower, and the white of egges, and dispose and order it in such manner, that the fire come not to the recipient. And at the beginning put a few hote coales vnder the bottome of the viol or pot, vntill the matter loose and dissolue it selfe, and passe his first furie. This done, couer it with coales, and the fire must be very high, and for to doe best there must bee little walls of bricke to holde vp the great coales, in great quantitie vpon the said pot. When you haue made this great fire, the space of three or foure or fiue houres all will be made. Then let it coole and take out the water, which is very good and perfect, and kepe it in a vessel of glasse well stopped with wore.

The

The true and perfect practise to cast Mettalls, and all other workemanship of base chasing or imbossing, as well in Brasse as in Gold, Siluer, Copper, Lead, Tinne, as of Christall, Glasse, and Marble.

FIrst of all, you must haue alwayes the Earth ready, wherein you will fashion and forme your worke, but because there be diuers sorts, and euery man vseth it as he can get it, and as he hath skill in making it, we will put heere some of the surest and most perfect, and of diuers kindes, to the end that if a man cannot get or make the one, hee may euermore haue recourse to the other. And vnderstand, that all these that we will put heere, may be set a worke each of them by themselues, or mixed one with an other, or all together; for they are good euerie way. The bountie and perfection of each of these Earthes, for to cast any Mettall in, consisteth in these things, that is to wit: That first and chiefly it be fine & small, and in no wise rough, or full of grommels, to the intent that all things may easily take print. Secondly, that they receiue the Mettall well, and that they neither cleaue, breake, chap, or make into a crust. They must also be tempered with a Water called Magistra, (of the which we will speake afterward) to the intent that being dry, they may be harder, and hold faster together. Thirdly, that they may continue and serue at diuers foundings and meltings, to the intent that when you will cast many Mettals, or other things all of one sort, ye neede not at euery time make new Moulds. Also you must vnderstand, that for Mettals that are soft, as Lead and Tinne, all Earth, so it be good, will suffise: Prouided alwayes, that it be fine and small, and well tempered with the sayd Magistra, as I will declare hereafter.

The first Earth to cast in a Moulde all manner of fusible matter.

Take

TAke Emerill, that men burnish swords or Armour with, and braie it very small, inflanning it as wee will shew you afterward, and temper it, or reduce it into dough or paste with the said Magistra, as I will tell you hereafter, and so dressing it, you shall make a very good earth, which will continue for many foundings & meltings, so that it be well gouerned and tempered, and the more it is occupied, the better it will ware: Prouided, that it be alwayes braied a new, and then watered and tempered with the Magistra.

The second earth or sand.

TAke peeces of those vessels, or pots of earth that are made in Valentia in Italie, or other that Glasse makers vse to keepe their molten glasse in the Furnace, and if you may onely get the bottomes or the peeces, from the middle, to the lowermost part of them, it shall be the better, in taking away the glasse that is round about them, if not, take them as you may. Then take Goldsmiths Crosets, or melting pots, new, and breake them in peeces, and that the waight of the sayd Crosets, be as much as the peeces of the sayd vessels before. And these things being first beaten, or stamped in a Morter, let them be well braied after vpon a Porphire stone, with water, as men braie colours, and hauing made them verie fine and small, by sathing them againe on the fire, as wee will after declare, keepe them in little Goates leather bagges, or in some close bores, to the end that because of their fineneſſe, they flie not and banish away in the ayre.

The third earth or sand.

TAke the fyling of Iron, Sand, or Iron Ore, or the sparks that flie from hote Iron when it is beaten, or els altogether, but that it be pure without any earth or filth, then put it in an Iron pan, or in some other vessell that will endure the fire, sprinkling it with strong Vineger, and keeping it on the fire the space of eight howers, after this, temper it with Vineger, and then incense and heate it in the fire,

fire, braying and renewing it oft and diuers times, as the other. And keepe it in Leather bagges, or else in boxes well stopped.

The fourth earth or sand.

TAke peeces of Pomeise stone, made hot in the fire, and quench it in Vineger foure times. Then take two parts of the sparks of Iron, brazed and stamped, and one part of the Pomeise stone: Mingle all together, and put it in the fire, and bray it often times, and so keepe it as the other.

The fift earth, and the most perfect.

TAke Mutton bones: but if you take those of the head, they will be better; if not, take of what part soeuer it bee, and burne them vpon the coles or in some furnace, vntill they ware verie white: then stampe them and sift them. This done, you shall put the pouder in some Iron pan, or other thing among the coales, so that it may burne well, then put to it a good handfull of Tallow, stirring it with some Iron, in such wise, that all the Tallow may be burned with the said pouder, leauing it so on the fire yet halfe an hower. Then take it out and bray it, and burne it againe, sprinkling and braying it often times, as you did the other, vntill it be very fine and small, and then shall it be perfect, and will serue for many fatndings and meltings.

The sixt Earth.

TAke Cuttle bones, and calcine them in the fire, vntill they be very white, and vse them in all things, as you did the Mutton bones, and then keepe it, as before. Finally, there is also Earth made of the hearbe called Tripolium, whereof the rote is of some men supposed to be Turbit, of the Ashes of Vines, of Straw, of burned Paper, of Horse-doung dried and burned, of Bricke stamped, of Bole, or of red Earth, or other things that remaine in the fire with

,without melting, wherein men print verie well all manner of metall, the which also neither breake, cleane in sunder, nor chap, as is aforesaid.

The seuenth Earth or Sand.

TAke the shelles of a Fish, called in Latine Tillinæ, or eggs shelles, and stampe them well together, and braie them with water, burning them and braying them diuers times, as you doe the other before named: but take hèd diligently that this slie not, nor vanish away.

A goodly way and maner, how to make all these Earthes very fine and small, and almost impalpable.

TAke which of these aforesaid Earths you will, or any other, and after you haue well stamped it, and sifted it, drie in a kettle by the fire, or in a frying panne, or other vessell, vntill it be verie hote: then take it from the fire, and stampe it well as before, with water or Vineger, beate it againe, and braie it still with water or Vineger, and neuer drie: doing so fiue or sixe times. Finally, you shall put it in a vessell of white earth well leaded, and poure into it as much cleare water, as will surmount it fower fingers high: then stirre it with a cleane sticke, and let it rest the space of a quarter of a Pater noster. Afterward poure the water finely and wisely, into some other vessell that is cleane: and vpon the said earth that remaineth in the first vessell, you shall poure other water, and stirre it, as before: then poure the same with the other first poured out: and thus doe as often, vntill that with the water you haue poured out all the finest, and smallest part of the same earth. And if there remaine yet in the first vessell any part of grosse earth, braie it a new, and then put it with the other.

This being done, you shall let all the same fine and small earth, which you powred into the other vessell, goe downe vnto the bottome: and then poure out faire and softly the water, and let the pouder drie that remaineth in the bottome, the which afterwards you shall braie well once, and

and paſſe it through a fine ſiéue or ſarce of ſilke, if you thinke good, and you ſhall haue a pouder, ſuch as there is for the like, which you muſt keepe, as the other before, in leather bagges or boxes of wood, well ſtopped, paſting or glewing the ſides, to the intent that the powder flée not away, for it is a ſubſtance almoſt as fine, and as ſubtile as the aire.

To make a water called Magiſtra, wherewith the ſaid earths to make mouldes, is tempered and moiſted againe at euerie Caſting and Founding.

TO cauſe that the ſaid earth be faſt and firme, and that being faſhioned and dríe, it may hold together, and not fall againe into powder, you muſt make this water, which is called la Magiſtra, which is a word not knowen from whence it is deduced, as the Philoſophers haue forged, and giuen names to certaine waters, according to the effect that they ſerue for, as they haue done of this water. And it ſéemeth that they meane by this, the ſame thing that wée vnderſtand by the meane or waie, or ſuch a thing, that is a meane or waie to kéepe together, or to diſſolue, or to doe ſome like thing, thus is it made. They take common ſalt, the which they wray in a linnen cloth wet in water, or other licour, and being ſo lapped vp, it is layed in the middle of the embers in a furnace, or in ſome other like place, to the intent that with a paire of bellowes, they may giue it alwaies a great fire, or els they put it in ſome Croſet, or other ſmall veſſell, luted and claied, blowing it well the ſpace of an houre, then they let it coole: and he that will not blowe alwaies, as is afore ſaid, let him lay it in the middes of hot coales, and yet couer it well with fire, and when it is cole againe, hee muſt ſtampe it, and put it in a pot well leaded, and put to it as much water as will couer it, foure or fiue fingers high, then muſt he ſet it on the fire, and ſtirring it, he ſhall make all the ſaid ſalt to diſſolue. This done, it muſt coole againe, and be ſtrained or paſſed through a felt twice: and this is done for to mopſt or haue the ſaid earths, and to

make them hold together, as we will declare afterward. Also you may make this Magistra, with the white of egges beaten with a sticke of a Fig-tree, vntill they be conuerted and turned into a froth or scumme, then let them rest the space of a night, and in the morning poure out the water that is found vnder the froth. With this water is the said earth moisted and bained, and it appeareth that it is better than the other: for it maketh a faster, and a firmer, and a clearer, nor cleaueth so sone vnto the things cast in the moulds: Therefore some put a litle of this water of white of egges, with the other Magistra made of salt. Other put to it a litle water of gumme Arabicke, adding in all things iudgement, experience, and industrie.

To make Lutum sapientiæ very perfect.

TAke of the best white potters earth that you can get, for in one place there is better than in another: that is to say, of that which can best endure the fire, as such as they make pots of in Padua: and likewise in Germanie: For it is of such perfection, that the pots which be made of it, and wherein they dresse their meate, may also serue to found mettalles in. Then take of the best, and speciallie if it must serue for a thing, that hath neede to be long vpon a great fire, otherwise take such as you can get. There is found of it that is of a graie colour, as the common sort is, and also there is white, that men vse in some place of Uicence, which is like loaues of Gipsum, or plaster, and is called of the Italians Floretre de Chio. Let heere in England vpon the vse thereof, may giue it what name we will. Potters vse of it in Uenice, for to white the dishes and other things before they vernish or polish them. There is also found of it that is red, as in Apulea: where there is great quantitie, and that they call Boale, and is the very same that some Apothecaries doe sell for Boale Armonicke, and the Uenetians vse of it for to paint red the forefronts of their houses, with lime, bricke, and vermillion, couering

couering it afterward with oile of Line. This red earth is the fattest, and the clammiest of all the rest, and therefore it cleaueth soonest by the fire, if it be not tempered with some other substance. And because that all the said earthes be to fat, the one more than the other, therefore men put to them some leane substance. Now, if you take of that Ash colour, which is most common, and the least fattie, you may compose and make it in this maner. Take of the said earth foure partes, of Clothmakers flore or shearing, one part, ashes that haue serued in a bucke or other, halfe a part, drie Horse-dung, or the dung of an Asse, one part. If you will make it perfecter, put to it a few stamped bricks, or sparks of yron: Let all these things be well stamped, and sifted, that is to say, the earth, the ashes, the horse-dung, the brickes, and the sparkes of yron: Then mingle all together, and make it into earth, and make a bed thereof, vppon the which you shall cast by little and little the flore as equallie as you can. This done, poure to it water, stirring it first well with a sticke, and then with a pallet broad at the end. And when all is well incorporated together, as you would haue it, lay it vpon some great boord, and beate it well, and that a good space, with some great staffe, or other instrument of yron, mingling and stirring it well, for the longer you beate it, the better it is. By this meane you shall haue a verie good claie, for to lute or claie, and ioyne viols, flagons of glasse to still with, and bottels of Gourdes for stilling, and other greate things, as furnaces and such like, as wee will declare afterward. But he that will make it with more ease, let him put the earth onelie, the flore, and the horses doung with a few ashes. Some put no horse doung to it, and some no flore, according to the purpose that they make it for. For to stop and close vp the mouthes of stilling glasses, or viols, to the intent they take no vent on the fire, the said clay will be verie good: neuertheless men put vnto it two parts of quicke lime, and the whites of egges, and then it wil

be ſurer to let no thing vent out, but the glaſſe it ſelfe. An kinde of clay or earth would be kept moiſt, and re[illegible] dreſſed for him that will occupie it continuallie, but it muſt not be kept to watrie, nor yet left to drie, for then it woulde ſerue for nothing, ſeeing that after it is once hardened, a man cannot dreſſe it any more, to do any good withall. And when you put water to it, it is mollified by litle and litle aboue, and as it were a ſauce, but within remaineth hard, and if you put to much water to it, you marre it vtterly. Therefore when you ſee that it beginneth to ware drie, feede it anew litle and litle with water, ſtirring it till it be well, and ſo you ſhall make it perfect.

Certaine things, which hee that will take in hand any Founding, or Caſting of Metals, muſt alwayes haue ready and in order.

BEcauſe that inſtruments and meanes, be thoſe that make all things come out of the workmans hand with a perfection: Therefore, to the intent that when time is come to begin a worke, you be not vnfurniſhed, or ſuſtaine damage for lacke of things neceſſarie: Firſt, let your coles be of ſtrong wood, young and drie, your croſets or melting pots without clefts or chaps, and of gray colour, which commonlie are better then the blacke or white, you muſt haue a little paper or paſt board, to giue it a vent ouer the mouth of the croſet, which is vncouered for certaine cauſes: a cane or reede to blow away the ordure and filth out of the croſet, a thing eaſier then with a paire of bellowes: an Iron with a hooke, for to take the coales out of the croſet, or melting pot, and likewiſe a paire of tongs, a preſſe of wood to keepe faſt and ſure the fournes or moulds, in pouring in the mettall, two litle tables or more of walnuttres wood, or bore, or of ſome other hard and maſſiue wood, or els of copper, made very euen and equall on euery ſide, for to turne the moulds, and to keepe them ſteddie, to the intent, that if in faſtening the moulds in the preſſe, they

be not equall and euen without ſide, theſe péces may fill vp the emptie place: A compaſſe and a rule to part, and diuide the caſting holes and pipe, wherein the mettall muſt run, an Iron made like a ſcraping knife or raſour, ſharpe at the end, and edged at the ſides, ſuch as gilders doe vſe to make euen the caſting holes, or pipes of mouldes, the which will ſerue to make the breathing holes and pipes, that the vapour goeth out at, when the worke is made, and hauing no ſuch inſtrument, you may make them with a knife ſo handſomely as you can: you muſt alſo haue readie a little oyle and turpentine in a diſh, with a little paper, or ſome péce of linnen cloth to wet in the ſaid oyle and turpentine, and to burne it, for to perfume the formes and moulds, when they be well wiped, to the intent the mettall may run the better. And becauſe that ſometime ſuch perfume filleth vp the hollownelſe, and ingrauing of the worke, you muſt haue a Hares fote, to wipe away the ſuperfluitie of it, and alſo for to ſwape together the duſt, to the intent it fall not, when you will caſt any thing in the moulds. And then muſt you haue a brush, or rubber of Laten wire, and one of ſilke, ſuch as men make cleane Combes with, for to rub and poliſh the worke, before it is formed and faſhioned, to the intent to poliſh and dreſſe it anew, as néde ſhall be, when the worke is caſt.

The maner or order that a man ought to keepe, when he will caſt or found mettals, or any other thing.

FIrſt, you ſhall lay the mettall, or other worke that you will caſt, in a diſh of ſtrong vineger, ſalt, and burned ſtrawe: then rub it well with your hand, vntill it be cleane: likewiſe with a rubber or brush. This done, wash it in freſh water, and wipe it with a linnen cloth. After this, lay vppon a table of hard wood, or of copper well poliſhed halfe the mould or forme, that is to ſay, the female. And let the middle part, that is to ſay, that which is ioyned to the other, be layd vpward vpon the table, in which things thus

laid, you shall lay your mettals, or the thing you will forme or fashion, and let it be cleane, as we haue said, ordering it in such sort, if there be but one, that it be iust, and directly against the conduite or pipe, and as lowe in the frame, as it may, to thintent that the pipe or condit may be the longer, and that it may haue mettall inough. If there be more then one, you shall order and set them on the sides of the forme or frame, and leaue place in the middle, for to make the hole or pipe, to poure the mettall in. And if there be more than two, you must beware that one receiue not mettall of another, but make to euerie one his litle pipe or condite, which may answere, and come iustly to the pipe, or hole in the middle. Then take one of the said fine earths, well sifted through a fine serce, and when you haue well braied it, put it in a platter or great dish, to the intent that in handling it, there goe nothing out, and you shall moist it little and little with the water called Magistra, mixing it well with your hands, and rubbing it so long betweene your hands, that wringing it with your fist, it hold and cleaue together: but you must note that I speake of moistening it, and not of through wetting it, for it may not wet your hand in pressing it, nor cleaue vnto your hand like paste, but that onelie hold together a little more or lesse then drie flower or meale, and being so wrong in your hand, it may breake in peces when you touch it with your finger. And hauing thus brought it to a forme, lay it handsomlie vpon the mettals in the forme or mould, with the endes of your fingers, and then with your hand wring it, and presse it hard downe, not sparing to presse it well, in putting vpon it the other litle table, and pressing it downe with your hands, as hard as you can, yea with all your might. Then with a cutting yron, with a right & euen edge, and with a ruler made iust, you shall lineat and make equall the said formes, cutting away handsomlie the earth that passeth ouer the said mould, and so lay them vpon one of the peeces of woll, and then the little flat table, then you shall take with both your hands the two little tables, a-

bone

bone and beneathe, and holding them faſt to[illegible]turne handſomelie the moulds vpſide downe, and [illegible]y the little tablet table, you ſhall ſee vnder the met[illegible]ing it vp, if there be any earth entred in, if there [illegible]u muſt take it away with the Hares foot. Then ſetti[illegible]the other part of the forme or mould in his place, you ſh[illegible]ll it with the ſame earth, preſſing it well, as before, and making it euen and equall with the yron. Afterward, with the point of the yron you ſhall lift vp a little, at one of the corners halfe the mould or forme, and take it off faire and ſoftly with your hand, and take out the mettals nimbly, touching them a little round about with the point of a ſmall pin or quill: if at the firſt they will not come out, turne downeward that part of the mould, wherein they did ſticke when you opened it. And if yet they will not come out, ſtrike them a croſſe with a point of a knife, vntill that turning downeward the moulds they come out. And if in caſe they be not well printed according to your minde, you may put them againe into their place, and preſſe them againe, and hauing ſet on both ſides the two peeces of wooll, and the tables, cloſe them in the preſſe. Finallie with the ſaid ſhauer, or ſharp yron, make the ſaid pipes or condites hollow, compaſſing them with your compaſſe or rule, in ſuch ſort, that they come iuſt and equallie: then ſhall you trim them ſo againſt the fire for to drie, turning them ſometime vntill they be tempered or wet in oyle and turpentine: and being ſet on fire, ſmoke it, and if there remaine any ſuperfluous thing, wipe it away with the Hares foote. Then ioyne them together againe, and hauing layed to them the wooll, and tables, wring them a little in the preſſe, and in the meane time hauing made readie and molten the mettall, if it bee Siluer, or white copper, it is knowne by the ſhining of it, and clearneſſe in the melting pot: and if it be Tinne, by caſting into it a ſtone, or ſome paper, and that it doe burne it, you ſhall caſt it, and the thing ſhall goe well, without any other helpe or aid, for to make it runne, ſaying that after the Tinne is

molten, put in a little, that is to say, a twentith part of Sublimatum, in respect of the whole quantitie, and one eight part of Antimonium: For besides that these things make it run well, they harden it, and make it sound well. Then the moulds being cold, take out handsomelie the mettals, and when you will cast other, you must perfume and smoke the moulds againe: and then presse them, and so cast your things as before, and do it as often as you thinke good. And if you see that the moulds be not broken, and that you will keepe them for any other time, you may lay them in a drie place, and they will keepe well. Finallie the said earth taken out of the moulds, braied and sifted, will be alwaies better to serue your turne. The mettals so cast, are sodden againe afterward, and ware white, so that they be not of tinne. Also you may giue to all these mettals what colours you will, as wee will declare more at large hereafter.

To make a white, or blanch, and make white mettals, and other things newly molten, and also for to renew mettals of old Siluer.

TAke the mettals, or other things newlie founded or molten, or els the old ones that you will renew, and lay them vppon the coles, turning them often, vntill they ware of a graie colour, then rub them with a brush of copper wire, putting them afterward in this white colour following. Then salt water of the sea, or common water salted, with a handfull of baie salt, wherein you shall put the Lees of white Wine, roch Alome rawe. Boyle all this in a pan leaded: and if the worke be of copper, made white by any Sophisticall substance, you shall put in these things following, that is to say, Siluer beaten, or Siluer foile, the weight of a Spanish royall, salt Armonicke, waying three times as much, salt Peter, the weight of fiue royals. All the said things being put in some pot of earth hauing a couer, hauing a hole in the mids, set them in the middle of the fire, couering it with ashes

ashes, and coales vp to the necke and leaue it there so, vntill all the humors be breathed out, then let all cole againe, and beate it into pouder verie small. This done, take an ounce of this substance or somewhat more or lesse, and boile it in the said white confection of the salt water, onely halfe a quarter of an houre, putting in the mettals or other works. Then pour out this water with the mettals, into cleare and lukewarme water, and after rub the mettals with the Tartre or Lées, and other things that remaine in the pot: and hauing washed them well with fresh water, wipe them drie.

To gilt Iron with water.

TAke well, riuer, or conduit water, and for three pound of the same, take two of Roch alome, an ounce of Romain bitriol, the waight of a penie of Spanish greene, three ounces of Sal Gemma, an ounce of Orpiment, and let all boile together: and when you see it boile, put in lées called tartre and baie salt, of each of them halfe an ounce, and when it hath sodden a litle while, take it from the fire and paint the Iron withall, then hauing set it in the fire to heat, burnish it, and it is done.

The like another waie.

TAke oile of line foure ounces, Tartre or wine lées two ounces, the pealkes of egges hard roasted and stamped two ounces, Aloe Cicatrinum an ounce, Saffron a quarter of a dragme, Curcuma the eight part of a dragme. Boile all these things together in a new earthen pot a good space, and if the oile of line couer not all the said substances, put in more water vntill there be sufficient, then anoint your iron with this mixtion hauing first burnished it, and so shall you make it of the colour of gold.

To gilt Iron with gold foile and water, or else with gold mixt with Quicksiluer, as Goldsmiths are wont to gilt siluer.

Take

TAke Romaine Vitrioll an ounce, roch Alome two ounces, salt Armoniacke an ounce: all these things being well beaten in pouder, and boiled in common water, take your Iron well burnished and wet it with the said water, rubbing it well: then lay on your gold foile, and let it dry by the fire. This done, burnish it with stone Hematite, as men are wont to doe, and it will be very faire. If you will gilt with gold mixt with quicksilver, as Goldsmiths vse to gilt siluer, you shall adde to the said water a dragme of Spanish grene, halfe an ounce of Sublimatum, and let it boyle altogether, then put your iron to boile in the said water: but if it be so great that it cannot goe in, rub it with the said boyling water, and heat it that it may receiue the Amalgama of the quicksilver and gold, the which Amalgama wee haue taught you to make, as is before in this part shewed, and the chapter of mingling or mixing of gold. And when you haue heated the iron, gilt it with the same golde so mixed with the quicksilver, and smoke or fume it at the fire with a lampe or with Brimstone, as Goldsmiths commonlie doe, or rather with wax, whereof we will hereafter shew you, a very good maner and waie, and better then that is vsed in Germanie or any other place, where it hath hitherto beene vsed.

To die or colour into the colour of Brasse, or also to gilt Siluer, which sheweth better, and continueth longer.

IT is a thing most certaine, that gold set vpon white iron or siluer, sheweth not so faire as vpon brasse: for as soone as it beginneth to weare a little, men may see the whitenes of the iron or siluer, which is not so soone vppon any red colour. Therefore many practicians when they will gilt any wood or other thing, lay the bottome or ground (not of red, as the most part doe) but of yellowe, to the intent that the gold shall not so soone appeare worne as vpon the red, and more vpon the white. The said yellow cannot be laid vpon

Iron

Iron or ſiluer, but leauing all this aſide, when you will gilt ſiluer or giue a colour of braſſe vnto Iron, you ſhall doe after this maner. Take verdet or Spaniſh greene, vitriol of Almain and ſalt Armoniacke at your diſcretion, but let the vitriol be greater in quantitie then the other things: put all this well beaten in pouder into ſtrong Vineger, letting it boile halfe an houre. And when you haue taken it from the fire, while the ſubſtances be yet boyling, you ſhall put in your iron that you will colour, couering well the pot with his couer, and with cloth vpon it that it vent not out, and ſo let it cole, and you ſhall haue your Iron well coloured of a braſen colour, and thus may you gilt it with quickſiluer, as if it were braſſe. This ſecret is godly and profitable.

A water or colour to lay vnder Diamonds, as well true as counterfeit, that is to ſay, made of white Saphires, as we will declare afterward.

TAke the ſmoke of a candle gathered together in the bottome of a baſen, and make it into a dough, with a little oyle of Malticke: then put the ſaid mixtion vnder the Diamond in the ring, where you will ſet it.

To counterfeit a Diamond with a white Saphire.

THis ſecret is knowne well enough of the Jewellers, that vſe almoſt all one maner indifferent good: but we (after we haue deſcribed this faſhion) will ſhew you a waie farre better. They take a Saphire of a good white colour, and ſet it in the fire in a Goldſmiths Croſet among filing of Iron or of Gold, thinking becauſe it is of great value, that it is better for ſuch a purpoſe, but yet the filing of Iron is a great deale better. They let this filing or rubbiſh of Iron become almoſt red without melting it, and caſt their Saphire into it, leauing it therein a prettie while: and after they haue taken it out, if the white colour like a Diamond doe not like them well, they caſt it againe, and ſo often, till they ſee it be to their fantaſie, then they ſet it in a ring, and

colour

colour it as before. Now heere followeth another way farre better: take white smalt well beaten into ponder, & mingle it with the said filing of gold or iron, but so that there be as much smalt as filing, then take a little other smalt without filing, and make it into dowe with your spittle, and in this dough wrap your Saphire, and let it drie well at the fire. This done, tie it at the end of a small fine wire, and leaue the other end so long that you may plucke it out when you will. Afterward couer it with the said filings, and leaue it so on the fire a certaine space, vntill the filing be very hot as is aforesaid, but so that in case it melt: then plucke out once your Saphire to see if the colour please you: if not, put him in againe, vntill it be faire to your eye.

To ingrosse thin ballasses to set in rings.

IF you haue ballasse as thin as paper, dresse them of what greatnesse or largenesse you will, and take a peece of fine Cristall coloured like a ballasse, then take a great graine of Mastick, the which you shall stick vpon the point of a knife and heat it well against the fire, and suddenlie it will cast out a little drop like the teare of a mans eye, hauing a lustre like a pearle, with the which drop glew on the said ballasse vpon the Cristall, and feare not that it will gather vnto a lump, or hinder the colour: then polish it and giue it a lustre, and so set it in gold and it will be verie faire, and seeme to be verilie a ballasse.

To make Rubies of two peeces, and Emeraulds, as they make them at Millan.

TAke the drop or teare of Mastick, whereof we haue spoken in the chapter before, & if you will make Emeraulds, you shall colour it with Spanish greene tempred and mingled with oyle, putting to it a little wax if neede be, and if it be thicke temper it with water. But if you will make Rubies, take gum Arabicke, alome, Sucarine, raw roch alome, as much of the one as of the other, and let it boile together in common water, then put into the said water some brasill cut small, and let it seeth, putting to it some alome Catins,

so

ſo called, becauſe it is boiled in a caudron, of the which the more there is the darker it will be, then take the drop of the ſticke aboue ſaid, and colour it with the ſaid red. This done, take two peeces of Criſtall dreſſed and trimmed with the wheele, of what faſhion and greatneſſe you will, ſo that the peece which you will lay uppermoſt be not ſo great as the other underneath: that is to ſay, the one dreſſed vppon the other, as the naile vpon the finger iuſt on euerie ſide. After this lay that vnderneath vpon a little fire-pan, or ſome other inſtrument of yron on the coales, that the ſaid Criſtall may be verie hot, and then touch it vppon with the ſaid red drop or teare which you ſhall take vpon the end of the ſticke: but it muſt be ſo hot that it may drop downe the better: and when you ſee that the ſaid peece of Criſtall is coloured enough, you ſhall take the other leſſer peece, that may be ſet aboue, which likewiſe muſt be hot, and ſet it vpon the ſaid drop, and it will conglutinate and glew together the two peeces of Criſtall, without cauſing any thicknes or let to the luſtre of the Rubie, the which ſhall be cleare and bright on euerie ſide. Afterward ſet it in your ring, ſetting to the Rubie the red leafe, and the greene to the Emeraudes, as we will teach you hereafter how to make the ſaid leaues for all kind of ſtones, as well fine as artificiall.

To make a paſte or dough for pretious ſtones, as Emeraudes, Rubies, Saphires, and ſuch like, which be but of one peece, well coloured within and without.

TAke Potters lead burned three ounces, and put it in as much water as will couer it a finger or two in heigth: then ſtirre it with your finger, letting it goe downe to the bottome. Afterward poure out the water, which will ſerue for to wet within ſide the earthen pot leaded, to the intent that the matter doe not cleaue to the ſides of it wherein you put all the ſubſtance. Then take other three ounces of Vermillion dried, and mingle it with the ſaid leade, and

burned,

burned, or else of a Calcidoine stone, with fourténe or fifteéne Carrats at the most, of Rubrike or sparks of copper: all these things well stamped and mingled together, you shall put in a pot of earth leaded, well wet within with the said water of the lead: then couer it, and set it in a glasse makers furnace by the space of foure dayes, and you shall haue a very faire paste or dow, which you may cause to be dressed with the wheele as you will. At Venice men buie the stone for a groat or fiue pence at the most, and to make yellow stones, you shall put to it the rust or rubbish of Iron: and to make Rubies, put to it Cinople or red lead: and in those that be of colours, you shall follow the order that we will teach you hereafter.

To make Emeraudes, or other stones or Iewels.

TAke Sal alcali, and dissolue it in water, distilling it through a felt and drie it, then dissolue it againe, and drie it so three times, afterward beate it into pouder: then take fine Cristall, and cause an Apothecarie to stampe and sift it for you, as they doe Cristall prepared. Then take two ounces and a halfe of the said Cristall, of Sal alcali two ounces, Spanish greene an ounce, first tempered and steyed in vinegar and then strained. The said three pouders you shall put in a vessell, as in a new earthen pot leaded, the which pot you shall lute & claie ouer, and couer it that it take no vent, then leaue it so claied and luted the space of three dayes, the longer the better, vntill all be through drie: afterward you shall put it in a potters furnace the space of foure and twentie houres. Then take the said composition and dresse it as men doe fine stones and you shall haue them excellent: and if you will haue Rubies, put Cinople to it in stead of Spanish greene. If you will haue Saphires put to it Lapis Lasuli. But if you will haue Iacinthes, you must put in corall in stead of greene Verderame, as is before said.

To calcine or burne Cristall and the Calcidoine stone, to put in the said mixtions of pretious stones.

Take

TAke Tartre calcined and burned an ounce, and dissolue in a dishfull of cleare water, then straine it out, and take the peces of Cristall, or Calcidoine stone, and heate them vpon the fire in an yron ladle or fire-pan: then quench them in the water that is in the dish: then take them out, and heate them againe, & quench them as before in the same water, doing so fire or seuen times, and they shall be verie well calcined and burned. Then beat them finely into ponder, and put it into the said mixtion. Neuertheless remember, that if you will make Emeraulds you must beate the said substances to ponder in a brasen morter. But if you will make Rubies or other, you must stampe them in an Iron morter, and beware that they touch not the brasse.

A water to harden the said stones.

BEcause that all the said artificiall stones are commonlie brittle, for to harden them doe as followeth. Take little peces of Calamita, and calcine them as you did the cristall: then beate them into ponder, and put it in a moyst place vntill it be turned and dissolued into water, with the which you shall knead Vitriol almaine or Romaine, rawe without making it red: then make thereof a soft paste or dough; or else a Sirope, which you shall still in a glasse or viol with a crooked necke, or in a brinall, and with the water that commeth of it, you shall kneade Barley flower, making a hard paste, in the which you shall wrap your masse of stones made as is before said, or the stones selfe when they be dressed and fashioned with the wheele: then put them so wrapped in the same paste, into an Ouen with a batch of bread, and take them out with the bread. And when you haue taken off the paste, you shall finde your stones hardned if they were naturall. If you see it be nede, you may couer them with the said paste, and bake them againe in an ouen, and then shall you haue them perfect and hard.

To calcine fine Siluer.

Sering

Seing that wée are entred into the matter of calcining, wée will shew you the calcination of fine Siluer, and then of Talchum, as wée haue made promises before. There be diuers waies of calcining Siluer, whereof we will put heere three of the best. Take fine siluer beaten very fine and thin, then cut it in péces as big as a spanish royall, or more or lesse, for it maketh no great matter: then take a croset, or an earthen pot, and lay in the bottome of it a ranke of common salt, not white, nor prepared or trimmed to eate, but euen as it commeth out of the saltnesse or salt pan, and it must be stamped very small. Vpon this salt you shall lay likewise a ranke of the said péces of siluer, and then another of salt and another of siluer, and so consequentlie as long as your siluer lasteth, in such sort that the last ranke may be of salt, and that good and thick: then couer all this with a paper, luting and claying well the croset or little earthen pot, and leauing a little hole in the couering the bignes of a goose quill. And when it is drie, couer it ouer and round about with coles and embers, and leaue it in such a fire at the least three or foure houres: then hauing taken it out; and all being cold open the croset, and take out the péces of siluer one after another, making them cleane that the salt sticke not vpon them. And if you perceiue them so brittle that you may breake them with your finger like a cruft of bread, it is done and made: if not, put them againe into the croset or pot, setting them in the fire as before. And to make it perfect, you must do this three times or more. This done, make your siluer into pouder and wash it in a dishfull of hot water, and let it sinke to the bottome. After straine out the water so handsomelie that you lose no part of the said pouder: or to auoid all dangers, passe it through a felt: this done, put other hot water to it, and straine it out as before, so often till you may know by the taste of the water that all the salt is purged away. Then shall your siluer be well calcined, & diminished of the weight, dried, and become from his nature into a palsiue part, and somewhat like vnto golde: thus will it serue

you for diuers things, if you can dresse it well. The like is done with Talchū in stead of common salt: but then you need not wash it in hot water. Some calcine it with salte of Talchum, twelue or fifteene times and more, to the intent to haue it more massiue and sounder, and more commodious to take colour. It may be also don in this maner, that is to say, to melt the siluer in a gold-smiths melting pot, and for euery vnce of the same, to put in a pounde or more of brimstone stamped, and that little and little. True it is, that so it will consume more then by the salt of Talchum, but it shall be farr better if the brimstone be first purged in strong lie (that is to say, made with strong ashes, and quick Lime, or such like things.) Now let vs come to the other maners of calcining siluer.

The second maner of calcining Siluer.

TAke Aqua fortis separatiua, made with salt Peter and Alome, as wee haue before declared, then take fine siluer, filed or polished, or beaten into leaues, or made in small peces or graines, that is to saie, of the saide Siluer one parte, and of Aqua fortis three parts, and haue the saide water in a violl: then put in the said silver, and you shall see it will incontinent begin to boile, and that the bottom of the violl will bee hot if the water be good. Let it so boyle, vntil it boyle no more eat no more, holding still the violl in your hand, or setting it in some place far from the fire, But if the water be not strong, you must set it a little to the fire, holding still the violl in your hand vpon the embers, or els you may set it vpon a fewe ashes, or vpon some litle furnace. And when it hath left boyling and eaten all the siluer, you shall see the water war greene, so that there shall remain no siluer in the bottom, if that the water were wel calcined and burned: for then it would make as it were white lime at the bottom, or if there were any gold in the siluer, it would make it descend to the bottome in little round peeces like pearls or like sand. Now after that the said siluer is dissolued, and eaten of the said Aqua fortis, you shall

take an other viol bigger, or an vrinall or earthen pot halfe full or more of well or riuer water, whereinto you haue diſſolued and haue in a readineſſe a good handfull of common white ſalt: then let the ſaide water bée ſtrained two or three times. This done, you ſhall poure the Aqua fortis which diſſolued the ſiluer into the ſalt water, leauing it ſo the ſpace of foure or fiue houres: then ſhall you find at the bottome as it were a bed or banke, which ſhall be the ſiluer diſſolued, and the Salt, Aqua fortis, and alſo a part of the common ſalt that you put in. Afterward diſtil the ſaid water by a felt, and take the ſiluer that is diſcended to the bottome, and put it in a croſet, couering it well, to the intent there fal no ordure or filth into it: then bury and couer it ouer and ouer in hot burning Embers, couering it wel alſo with fire, that it may burne the ſpace of three houres or more. Finally let it cole well againe, and poure the ſiluer out of the croſet, into a diſhfull of hotte water, ſtirring it a little together with your finger, and then let it reſt: and after powre out faire and ſoftly the ſaid water, and put in other, doing as before, vntil the water ware no more ſalt: this done, let the ſiluer dry which ſhall be very well calcined, for to ſerue your turne in any thing that you will.

The third maner of calcining Siluer.

YOu ſhal mixe together into dowe or paſte called Amalgama, one part of ſiluer leaues, with three or foure partes of quicke ſiluer, as wée haue declared in the fift Booke, in the chapter of the maner how to bray gold: then bray this Amalgama or paſt, with common ſalt, and ſet it to the fire, vntil the quick ſiluer be banished away, afterward waſh it with hotte water, ſo much and ſo often, that the water bée no more ſalt, then ſhall you haue your ſiluer calcined. After this, if you think good you may bray it again with other ſalt, without other quick ſiluer: and then put it to the fire in a croſet, three or foure houres, and waſh it againe as is afore ſaid.

To

To calcine Talchum quickly out of hand.

BEcause that Talchum is a thing of so great importance and so much desired of all good wits, men haue found diuerse waies to calcine it, the which teache vs that wee must put to it twice as much Salt Peter, as common salt or rawe Tartre with the Talchum, and then put all this in a furnace certaine dayes, and then to separate the said salt or Tartre with hot water. Other heate it vpon the coales, and quench it in pisse, and doe it oftentimes. Other there be that wrap it in little white peeces of woollen cloth, and put it in the midst of a great fire, the space of halfe an houre or more, & then they find it throwly molten and all in a light peece, and ful of holes like a spunge, not much differing from the burned alome. All the which waies to say the truth are nothing worth, nor doe not perfectly calcine it, wher they corrupt the nature of the Tartre, and make it become like vnto quick lime or alome, or els of litle strength. Now for to calcine it out of hand, and perfectly, you shall take the Talchum rawe, and make it into litle leaues, or stamped aswel as is possible, and then put it in a croset, or in a faire pan among the hot coales. And when it is very hot, or rather red hot, you shal put to it drop by drop, distilled vineger, wherein tartre hath been dissolued, and put thereunto the third part of Aqua vite, pouring it by little and litle vpon the hot leés or tartre, that is to say, three vnces of vineger for euery pound of Talchum, then take it from the fire, and you shal find it faire and well calcined. Finally you shall wash it with hot water, to the intent to seperate the leés or tartre from it. It is calcined also being made into leaues as thin as is possible, laying them by rancks or beds, with litle flat peeces of siluer in a croset luted and claied, then put them in a furnace where glasse or bricke is made by the space of foure or fiue days. The like is don with little peeces of tinne.

An excellent and very eaſie way to gilt yron, copper, and ſilu-
er, to make it ſeeme like maſſiue gold.

FIrſt if you will gilt ſilver, or yron, you muſt giue it the co-
lour of coper, as wee haue afore ſaid: then take beaten gold
which you ſhall mix with quick ſilver, and make Amalgama
or paſte thereof, as is ſaide before, and ſhal put the ſaid Amal-
gama in a little diſh, vpon which you ſhal poure the iuice of a
fruite called Cucumis aſininus, ſuch a quantity that it may be
aboue the ſaid ſubſtances a finger high. Keepe this gold thus
prepared and trimmed, and couer it, to the intent there fall
no filth nor ordure into it, which you may vſe and occupy
when you will. Afterward, the things that you will gilt, muſt
be very cleane, and wel poliſhed, then with a penſell you ſhall
giue them of the ſaid gold ſo prepared with quick ſilver, and
as it were diſſolued, rubbing it well al about. If you wil not
doe ſo, you may gilt after the common maner of Goldſmiths:
yet notwithſtanding with gold made into Amalgama, or mix-
ed, as is afore ſaid, chafing the worke that you wil gilte with
Aqua fortis, as they doe. Then make the quick ſilver vaniſh
away, as the Goldſmiths of Italie commonly doe, that is to
ſay, with a lampe of Line ſéede oyle, and with brimſtone, and
make afterward a gilt vpon the worke that is like ſaffron.
But I counſel you to vſe this maner in the chapter folowing,
which is partly the ſame that the Goldſmiths vſe in Fraunce,
and elſe where, put it is much amended, and this is it.

A perfect maner and way to gilt, and to make the quick ſilver to
vaniſh away from the thing gilted.

PUt in a panne the rubbiſh or ſcumme of Copper, and
the filing of yron, then poure vpon it ſtrong vineger,
not diſtilled, as much as will couer it two or three fingers
high. Let it boyle ſo the ſpace of an houre, then poure
out

out the saide Wineger, and put in other, letting it boile as before, and doe thus foure or fiue times. Afterwarde, make the said Wineger put together to euaporate or drie vp, or els make it distill out, for to haue one vineger of it, which will be good for many things. This done you shal put vnto the said pouder remaining at the bottome the eighth part of Almain vitriol, and as much of Ferretum of Spaine, and the halfe of an eight part of Salt Armoniack, with a little brimstone: then into a little molten ware with a little syle of Line, or syle of line, you shall put little and little the said pouders well mingled together. Finally that which you haue couered with the said Amalgama, of Golde and quicke Siluer, and with a pensell couer and laie it ouer well with the said ware so mixed, then put it so dryed, in the middest of hote burning coales, and let it burne and consume all the ware. This done, you shall haue such a gilt, that it shalbe like massine goulde. And at the end with brushes of copper wire and colde water, or yron, may burnish it as you will

The end of the Secrets of Dom Alexis of Piemont.